

KIPP

Knee Injury Prevention Program

Game Day		Sports Injury Prevention Tips	
Essential Exercises	1. Jogging	Exercises 1-8: go 50 ft. one way then 50 ft. return.	<ul style="list-style-type: none">• Warm up before every practice, game and workout• Stay hydrated! Drink before, during and after workouts. Water is good for exercises lasting less than an hour. Use a sports drink for longer workouts.• Respond promptly to signs of injury. Don't play through the pain! If pain persists after 1-2 days rest days, consult a physician.• Participate in a variety of sports to help prevent burnout and overuse injuries. Try something new.• When beginning a new sport, do so gradually.• Participate in a pre-season conditioning program. Increase distance or duration no more than 10% per week.• Use recommended protective equipment that fits well and is in good condition.• Get a pre-season sport physical at least once a year.
	2. Skipping		
	3. Carioca		
	4. Side Shuffle with Arm Swings		
	5. Backward Jog		
	6. Butt Kickers		
	7. Bear Crawl (or Mountain Climbers for 30 sec)		
	8. Walking Lunges		
	9. Arm Swings (10 forward & 10 backward)		
	10. Leg Swings (10 side-to-side & 10 front-to-back)		
	11. Line Jumps (side-to-side & front-to-back, 30 sec each) <ul style="list-style-type: none">• 180 degree Jumps (30 sec)		

KIPP Tips

- **KIPP is most effective when done in the correct order before each practice and game. Consistency is Key!**
- **KIPP helps improve total body strengthening, coordination and agility so don't skip any of the more strenuous exercises like the bear crawl or plank!**
- **KIPP includes a number of active stretches which encourage lengthening of the muscles through motion. Static stretching should only be utilized after and games.**

Children's Memorial Hospital
Institute for Sports Medicine

Practice Day A	
Essential Exercises	<ol style="list-style-type: none"> 12. Jogging 13. Skipping 14. Carioca 15. Side Shuffle with Arm Swings 16. Backward Jog 17. Butt Kickers 18. Bear Crawl (or Mountain Climbers for 30 sec) 19. Walking Lunges 20. Arm Swings (10 forward & 10 backward) 21. Leg Swings (10 side-to-side & 10 front-to-back) 22. Heel raise (30 sec) 23. Line Jumps (side-to-side & front-to-back, 30 sec each) 24. Broad Jumps (5 reps) 25. Plank (30 sec) 26. Scissors Jumps (30 sec) 27. Prone Lift – Traditional (10 reps) 28. Hop, Hop, Stick (5 jumps/leg)
	<p>Exercises 1-8: go 50 ft. one way then 50 ft. return.</p>

Practice Day B	
Essential Exercises	<ol style="list-style-type: none"> 1. Jogging 2. Skipping 3. Carioca 4. Side Shuffle with Arm Swings 5. Backward Jog 6. Butt Kickers 7. Bear Crawl (or Mountain Climbers for 30 sec) 8. Walking Lunges 9. Arm Swings (10 forward & 10 backward) 10. Leg Swings (10 side-to-side & 10 front-to-back) 11. Squats (30 sec) 12. Ankle Bounces (30 sec) 13. Side Plank (30 sec/side) 14. Squat Jumps (30 sec) 15. Ice Skaters (30 sec) 16. Push-Ups (30 sec) 17. Jump for Distance (5 jumps /leg)
	<p>Exercises 1-8: go 50 ft. one way then 50 ft. return.</p>

<p>Additional Practice Day Exercises</p> <p>Pick 1 group per practice day</p>	<p>Group 1</p> <p>Prone Lift- Alternating (10 reps) Three-Plane Lung (5 reps/leg) Tuck Jumps (30 sec) Bounding in Place (30 sec) Shuttle Run (two lines of cones 50 ft. apart in zig-zag pattern)</p>	<p>Group 2</p> <p>Prone Lift- Knee Flexion (10 reps) Single-Plane Lunge (5 reps/leg) 3 Broad & 1 Vertical Jump (5 reps) Bounding for Distance (30 sec) Diagonal Run (two lines of cones 50 ft. apart in zig-zag pattern)</p>	<p>Group 3</p> <p>Russian Hamstring (10 reps) Diagonal Bounding (30 sec) Jump into Bounding (5 reps) Lateral Shuffle (two lines of cones 50 ft. apart in zig-zag pattern)</p>
--	--	--	--