# Injury Prevention / Corrective / Balance and Stability

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<th>Test</th>
<th>Exercises</th>
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<tr>
<td><strong>Test 1:</strong> Scapular Stabilization</td>
<td>1. External rotation with retraction</td>
<td><a href="https://www.dartfish.tv/Player?CR=p61lc8537m881022&amp;CL=1">https://www.dartfish.tv/Player?CR=p61lc8537m881022&amp;CL=1</a></td>
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<td>2. Resistance band rows</td>
<td><a href="https://www.dartfish.tv/Player?CR=p61lc8537m889313&amp;CL=1">https://www.dartfish.tv/Player?CR=p61lc8537m889313&amp;CL=1</a></td>
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<td>3. Prone horizontal abduction</td>
<td><a href="https://www.dartfish.tv/Player?CR=p61lc8537m882151&amp;CL=1">https://www.dartfish.tv/Player?CR=p61lc8537m882151&amp;CL=1</a></td>
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<td>4. Prone scapular squeezes</td>
<td><a href="https://www.dartfish.tv/Player?CR=p61lc8537m882241">https://www.dartfish.tv/Player?CR=p61lc8537m882241</a></td>
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<td>5. Prone shoulder extension</td>
<td><a href="https://www.dartfish.tv/Player?CR=p61lc8537m882520">https://www.dartfish.tv/Player?CR=p61lc8537m882520</a></td>
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<td><strong>Test 2:</strong> External Rotation Strength</td>
<td>1. Resistance band external rotation</td>
<td><a href="https://www.dartfish.tv/Player?CR=p61lc8537m88999">https://www.dartfish.tv/Player?CR=p61lc8537m88999</a></td>
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<td>2. Resistance band external rotation 90-90</td>
<td><a href="https://www.dartfish.tv/Player?CR=p61lc8537m88984">https://www.dartfish.tv/Player?CR=p61lc8537m88984</a></td>
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<td>3. External rotation with retraction</td>
<td><a href="https://www.dartfish.tv/Player?CR=p61lc8537m881022">https://www.dartfish.tv/Player?CR=p61lc8537m881022</a></td>
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<td>4. Side lying external rotation</td>
<td><a href="https://www.dartfish.tv/Player?CR=p61lc8537m889476">https://www.dartfish.tv/Player?CR=p61lc8537m889476</a></td>
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<td>5. Prone row to external rotation</td>
<td><a href="https://www.dartfish.tv/Player?CR=p61lc8537m882186">https://www.dartfish.tv/Player?CR=p61lc8537m882186</a></td>
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<td><strong>Test 3:</strong> Shoulder Internal and External Range of Motion</td>
<td>1. Bent over cross body stretch</td>
<td><a href="https://www.dartfish.tv/Player?CR=p61lc8537m841364">https://www.dartfish.tv/Player?CR=p61lc8537m841364</a></td>
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<td>2. Racquet external rotation stretch</td>
<td><a href="https://www.dartfish.tv/Player?CR=p61lc8537m88943">https://www.dartfish.tv/Player?CR=p61lc8537m88943</a></td>
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<td>3. Cross body stretch (side-lying on table)</td>
<td><a href="https://www.dartfish.tv/Player?CR=p61lc8537m875888">https://www.dartfish.tv/Player?CR=p61lc8537m875888</a></td>
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<td><strong>Test 4:</strong> Hip and Leg Strength</td>
<td>1. Lateral monster walks</td>
<td><a href="https://www.dartfish.tv/Player?CR=p61lc8537m88781">https://www.dartfish.tv/Player?CR=p61lc8537m88781</a></td>
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<td>2. Straight leg lateral walks</td>
<td><a href="https://www.dartfish.tv/Player?CR=p61lc8537m889690">https://www.dartfish.tv/Player?CR=p61lc8537m889690</a></td>
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<td>3. Resistance band kicks (4-way)</td>
<td><a href="https://www.dartfish.tv/Player?CR=p61lc8537m889293">https://www.dartfish.tv/Player?CR=p61lc8537m889293</a></td>
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<td>4. Hip hikes</td>
<td><a href="https://www.dartfish.tv/Player?CR=p61lc8537m889284">https://www.dartfish.tv/Player?CR=p61lc8537m889284</a></td>
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<td>5. Bridge with march (on table)</td>
<td><a href="https://www.dartfish.tv/Player?CR=p61lc8537m889267">https://www.dartfish.tv/Player?CR=p61lc8537m889267</a></td>
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<td>7. Clams (with band on table)</td>
<td><a href="https://www.dartfish.tv/Player?CR=p61lc8537m875763">https://www.dartfish.tv/Player?CR=p61lc8537m875763</a></td>
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## HIGH PERFORMANCE PROFILE (HPP) EXERCISES

### Injury Prevention / Corrective / Balance and Stability

#### Test Exercises Video Link

##### Test 5: Drop Vertical Jump -
- If there is a deficiency with the strength of your leg muscles
  1. Lateral monster walks  
     ![Video Link](https://www.dartfish.tv/Player?CR=p61c85537m1881781)
  2. Step downs  
     ![Video Link](https://www.dartfish.tv/Player?CR=p61c85537m1889668)
  3. Squat with band  
     ![Video Link](https://www.dartfish.tv/Player?CR=p61c85537m1889568)
  4. Split squat with isometric hold  
     ![Video Link](https://www.dartfish.tv/Player?CR=p61c85537m1889564)
  5. Single leg hop with stability  
     ![Video Link](https://www.dartfish.tv/Player?CR=p61c85537m1889534&CL=1)
  6. Step ups  
     ![Video Link](https://www.dartfish.tv/Player?CR=p61c85537m1889680)

##### Test 6: Prone Hip Internal and External Rotation Range of Motion –
- If there is a deficit in the range of motion of your hip
  1. Sumo squat  
     ![Video Link](https://www.dartfish.tv/Player?CR=p61c85537m1901413&CL=1)
  2. Figure 4 stretch  
     ![Video Link](https://www.dartfish.tv/Player?CR=p61c85537m1881032)
  3. Frog stretch  
     ![Video Link](https://www.dartfish.tv/Player?CR=p61c85537m188103)
  4. Clams (on table)  
     ![Video Link](https://www.dartfish.tv/Player?CR=p61c85537m1875763)
  5. Reverse clams (on table)  
     ![Video Link](https://www.dartfish.tv/Player?CR=p61c85537m1889422)
  6. Supine cross legged internal rotation  
     ![Video Link](https://www.dartfish.tv/Player?CR=p61c85537m1901428)

##### Test 7: Hip Flexor Flexibility –
- If there is decreased flexibility of your hip flexors
  1. Prone hip flexor stretch  
     ![Video Link](https://www.dartfish.tv/Player?CR=p61c85537m188963)
  2. High kneeling posterior pelvic tilt  
     ![Video Link](https://www.dartfish.tv/Player?CR=p61c85537m188110)
  3. Supine quad stretch on table  
     ![Video Link](https://www.dartfish.tv/Player?CR=p61c120035m1901607)

##### Test 8: Hamstring Flexibility –
- If there is decreased flexibility of your hamstrings
  1. Door stretch  
     ![Video Link](https://www.dartfish.tv/Player?CR=p61c85537m1876049)
  2. Supine hamstring stretch with strap  
     ![Video Link](https://www.dartfish.tv/Player?CR=p61c85537m1901676&CL=1)

##### Test 9: Quadriceps Flexibility –
- If there is decreased flexibility of your quadriceps
  1. Standing quad stretch  
     ![Video Link](https://www.dartfish.tv/Player?CR=p61c85537m1889648)
  2. Supine quad stretch on table  
     ![Video Link](https://www.dartfish.tv/Player?CR=p61c120035m1901607)

##### Test 10: Core Stabilization Strength –
- If there is a weakness in your core muscles.
  1. Planks (3-way, front and both sides)  
     ![Video Link](https://www.dartfish.tv/Player?CR=p61c85537m1876049)
  2. Dead bugs  
     ![Video Link](https://www.dartfish.tv/Player?CR=p61c85537m1875956&CL=1)
  3. Bridges  
     ![Video Link](https://www.dartfish.tv/Player?CR=p61c85537m1854027)
  4. Bird dogs  
     ![Video Link](https://www.dartfish.tv/Player?CR=p61c85537m1841370)