

**High Performance Profile (HPP) Exercises -
Injury Prevention / Corrective / Balance and Stability**

Test	Exercises	Video Link
<p><u>Test 1: Scapular Stabilization –</u> If you have a deficiency in your shoulder muscles/the muscles surrounding your scapula.</p>	1. External rotation with retraction	https://www.dartfish.tv/Player?CR=p611c85537m1881022&CL=1
	2. Resistance band rows	https://www.dartfish.tv/Player?CR=p611c85537m1889313&CL=1
	3. Prone horizontal abduction	https://www.dartfish.tv/Player?CR=p611c85537m1882151&CL=1
	4. Prone scapular squeezes	https://www.dartfish.tv/Player?CR=p611c85537m1882241
	5. Prone shoulder extension	https://www.dartfish.tv/Player?CR=p611c85537m1882520
	6. Scapula punches (supine)	https://www.dartfish.tv/Player?CR=p611c85537m1889449
<p><u>Test 2: External Rotation Strength –</u> If you have weakness in your shoulders.</p>	1. Resistance band external rotation	https://www.dartfish.tv/Player?CR=p611c85537m1889199
	2. Resistance band external rotation 90-90	https://www.dartfish.tv/Player?CR=p611c85537m1889184
	3. External rotation with retraction	https://www.dartfish.tv/Player?CR=p611c85537m1881022
	4. Side lying external rotation	https://www.dartfish.tv/Player?CR=p611c85537m1889476

	5. Prone row to external rotation	https://www.dartfish.tv/Player?CR=p611c85537m1882186
<p><u>Test 3: Shoulder Internal and External Range of Motion –</u></p> <p>If there is a deficit in the range of motion of your shoulder</p>	1. Bent over cross body stretch	https://www.dartfish.tv/Player?CR=p611c85537m1841364
	2. Racquet external rotation stretch	https://www.dartfish.tv/Player?CR=p611c85537m1889143
	3. Cross body stretch (side-lying on table)	https://www.dartfish.tv/Player?CR=p611c85537m1875888
	4. Sleeper stretch (side-lying on table)	https://www.dartfish.tv/Player?CR=p611c85537m1889552
<p><u>Test 4: Hip and Leg Strength –</u></p> <p>If there is a deficiency with the strength of your leg muscles</p>	1. Lateral monster walks	https://www.dartfish.tv/Player?CR=p611c85537m1881781
	2. Straight leg lateral walks	https://www.dartfish.tv/Player?CR=p611c120035m1889690
	3. Resistance band kicks (4-way)	https://www.dartfish.tv/Player?CR=p611c85537m1889293
		https://www.dartfish.tv/Player?CR=p611c85537m1889284
		https://www.dartfish.tv/Player?CR=p611c85537m1889267
4. Hip hikes	https://www.dartfish.tv/Player?CR=p611c85537m1889247	
		https://www.dartfish.tv/Player?CR=p611c85537m1881439

	5. Bridge with march (on table)	https://www.dartfish.tv/Player?CR=p611c85537m1853465
	6. Side-lying hip abduction (on table)	https://www.dartfish.tv/Player?CR=p611c85537m1889480
	7. Clams (with band on table)	https://www.dartfish.tv/Player?CR=p611c85537m1875763
<p><u>Test 5: Drop Vertical Jump -</u> If there is a deficiency with the strength of your leg muscles</p>	1. Lateral monster walks	https://www.dartfish.tv/Player?CR=p611c85537m1881781
	2. Step downs	https://www.dartfish.tv/Player?CR=p611c85537m1889668
	3. Squat with band	https://www.dartfish.tv/Player?CR=p611c85537m1889568
	4. Split squat with isometric hold	https://www.dartfish.tv/Player?CR=p611c85537m1889564
	5. Single leg hop with stability	https://www.dartfish.tv/Player?CR=p611c85537m1889534&CL=1
	6. Step ups	https://www.dartfish.tv/Player?CR=p611c85537m1889680
<p><u>Test 6: Prone Hip Internal and External Rotation Range of Motion –</u> If there is a deficit in the range of motion of your hip</p>	1. Sumo squat	https://www.dartfish.tv/Player?CR=p611c85537m1901413&CL=1
	2. Figure 4 stretch	https://www.dartfish.tv/Player?CR=p611c85537m1881032
	3. Frog stretch	https://www.dartfish.tv/Player?CR=p611c85537m1881103

	4. Clams (on table)	https://www.dartfish.tv/Player?CR=p611c85537m1875763
	5. Reverse clams (on table)	https://www.dartfish.tv/Player?CR=p611c85537m1889422
	6. Supine cross legged internal rotation	https://www.dartfish.tv/Player?CR=p611c85537m1901428
<u>Test 7: Hip Flexor Flexibility –</u> If there is decreased flexibility of your hip flexors	1. Prone hip flexor stretch	https://www.dartfish.tv/Player?CR=p611c85537m1881963
	2. High kneeling posterior pelvic tilt	https://www.dartfish.tv/Player?CR=p611c85537m1881110
	3. Supine quad stretch on table	https://www.dartfish.tv/Player?CR=p611c120035m1901607
<u>Test 8: Hamstring Flexibility –</u> If there is decreased flexibility of your hamstrings	1. Door stretch	https://www.dartfish.tv/Player?CR=p611c85537m1876049
	2. Supine hamstring stretch with strap	https://www.dartfish.tv/Player?CR=p611c85537m1901676&CL=1
<u>Test 9: Quadriceps Flexibility –</u> If there is decreased flexibility of your quadriceps	1. Standing quad stretch	https://www.dartfish.tv/Player?CR=p611c85537m1889648
	2. Supine quad stretch on table	https://www.dartfish.tv/Player?CR=p611c120035m1901607
<u>Test 10: Core Stabilization Strength –</u> If there is a weakness in your core	1. Planks (3-way, front and both sides)	https://www.dartfish.tv/Player?CR=p611c85537m1881869 https://www.dartfish.tv/Player?CR=p611c85537m1889465

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muscles.	2. Dead bugs	https://www.dartfish.tv/Player?CR=p611c85537m1875956&CL=1
	3. Bridges	https://www.dartfish.tv/Player?CR=p611c85537m1854027
	4. Bird dogs	https://www.dartfish.tv/Player?CR=p611c85537m1841370

