<table>
<thead>
<tr>
<th>Test</th>
<th>Exercises</th>
<th>Video Link</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Test 1:</strong> Scapular Stabilization – If you have a deficiency in your shoulder muscles/the muscles surrounding your scapula.</td>
<td>1. External rotation with retraction</td>
<td><a href="https://www.dartfish.tv/Player?CR=p61lc85537m1881022&amp;CL=1">https://www.dartfish.tv/Player?CR=p61lc85537m1881022&amp;CL=1</a></td>
</tr>
<tr>
<td></td>
<td>2. Resistance band rows</td>
<td><a href="https://www.dartfish.tv/Player?CR=p61lc85537m1889313&amp;CL=1">https://www.dartfish.tv/Player?CR=p61lc85537m1889313&amp;CL=1</a></td>
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<tr>
<td></td>
<td>3. Prone horizontal abduction</td>
<td><a href="https://www.dartfish.tv/Player?CR=p61lc85537m1882151&amp;CL=1">https://www.dartfish.tv/Player?CR=p61lc85537m1882151&amp;CL=1</a></td>
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<tr>
<td></td>
<td>4. Prone scapular squeezes</td>
<td><a href="https://www.dartfish.tv/Player?CR=p61lc85537m1882241">https://www.dartfish.tv/Player?CR=p61lc85537m1882241</a></td>
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<tr>
<td></td>
<td>5. Prone shoulder extension</td>
<td><a href="https://www.dartfish.tv/Player?CR=p61lc85537m1882520">https://www.dartfish.tv/Player?CR=p61lc85537m1882520</a></td>
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<tr>
<td><strong>Test 2:</strong> External Rotation Strength – If you have weakness in your shoulders.</td>
<td>1. Resistance band external rotation</td>
<td><a href="https://www.dartfish.tv/Player?CR=p61lc85537m1889199">https://www.dartfish.tv/Player?CR=p61lc85537m1889199</a></td>
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<tr>
<td></td>
<td>2. Resistance band external rotation 90-90</td>
<td><a href="https://www.dartfish.tv/Player?CR=p61lc85537m1889184">https://www.dartfish.tv/Player?CR=p61lc85537m1889184</a></td>
</tr>
<tr>
<td></td>
<td>3. External rotation with retraction</td>
<td><a href="https://www.dartfish.tv/Player?CR=p61lc85537m1881022">https://www.dartfish.tv/Player?CR=p61lc85537m1881022</a></td>
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<td>4. Side lying external rotation</td>
<td><a href="https://www.dartfish.tv/Player?CR=p61lc85537m1889476">https://www.dartfish.tv/Player?CR=p61lc85537m1889476</a></td>
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<tr>
<td></td>
<td>5. Prone row to external rotation</td>
<td><a href="https://www.dartfish.tv/Player?CR=p61lc85537m1882186">https://www.dartfish.tv/Player?CR=p61lc85537m1882186</a></td>
</tr>
<tr>
<td><strong>Test 3:</strong> Shoulder Internal and External Range of Motion – If there is a deficit in the range of motion of your shoulder</td>
<td>1. Bent over cross body stretch</td>
<td><a href="https://www.dartfish.tv/Player?CR=p61lc85537m18841364">https://www.dartfish.tv/Player?CR=p61lc85537m18841364</a></td>
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<td>2. Racquet external rotation stretch</td>
<td><a href="https://www.dartfish.tv/Player?CR=p61lc85537m1889143">https://www.dartfish.tv/Player?CR=p61lc85537m1889143</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=p61lc85537m1875888">https://www.dartfish.tv/Player?CR=p61lc85537m1875888</a></td>
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<td></td>
<td>4. Sleeper stretch (side-lying on table)</td>
<td><a href="https://www.dartfish.tv/Player?CR=p61lc85537m1889552">https://www.dartfish.tv/Player?CR=p61lc85537m1889552</a></td>
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<tr>
<td></td>
<td>1. Lateral monster walks</td>
<td><a href="https://www.dartfish.tv/Player?CR=p61lc85537m1881781">https://www.dartfish.tv/Player?CR=p61lc85537m1881781</a></td>
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<td></td>
<td>2. Straight leg lateral walks</td>
<td><a href="https://www.dartfish.tv/Player?CR=p61lc120035m1889690">https://www.dartfish.tv/Player?CR=p61lc120035m1889690</a></td>
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<td></td>
<td>3. Resistance band kicks (4-way)</td>
<td><a href="https://www.dartfish.tv/Player?CR=p61lc85537m1889293">https://www.dartfish.tv/Player?CR=p61lc85537m1889293</a></td>
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<td></td>
<td>4. Hip hikes</td>
<td><a href="https://www.dartfish.tv/Player?CR=p61lc85537m1889284">https://www.dartfish.tv/Player?CR=p61lc85537m1889284</a></td>
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<td>5. Bridge with march (on table)</td>
<td><a href="https://www.dartfish.tv/Player?CR=p61lc85537m1889267">https://www.dartfish.tv/Player?CR=p61lc85537m1889267</a></td>
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<td>7. Clams (with band on table)</td>
<td><a href="https://www.dartfish.tv/Player?CR=p61lc85537m1875763">https://www.dartfish.tv/Player?CR=p61lc85537m1875763</a></td>
</tr>
</tbody>
</table>
### Injury Prevention / Corrective / Balance and Stability

#### Test 5: Drop Vertical Jump -
If there is a deficiency with the strength of your leg muscles

<table>
<thead>
<tr>
<th>Exercises</th>
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</thead>
<tbody>
<tr>
<td>1. Lateral monster walks</td>
<td><a href="https://www.dartfish.tv/Player?CR=p61lc85537m1881781">https://www.dartfish.tv/Player?CR=p61lc85537m1881781</a></td>
</tr>
<tr>
<td>2. Step downs</td>
<td><a href="https://www.dartfish.tv/Player?CR=p61lc85537m1889668">https://www.dartfish.tv/Player?CR=p61lc85537m1889668</a></td>
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<tr>
<td>3. Squat with band</td>
<td><a href="https://www.dartfish.tv/Player?CR=p61lc85537m1889568">https://www.dartfish.tv/Player?CR=p61lc85537m1889568</a></td>
</tr>
<tr>
<td>4. Split squat with isometric hold</td>
<td><a href="https://www.dartfish.tv/Player?CR=p61lc85537m1889564">https://www.dartfish.tv/Player?CR=p61lc85537m1889564</a></td>
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<tr>
<td>5. Single leg hop with stability</td>
<td><a href="https://www.dartfish.tv/Player?CR=p61lc85537m1889534&amp;CL=1">https://www.dartfish.tv/Player?CR=p61lc85537m1889534&amp;CL=1</a></td>
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<tr>
<td>6. Step ups</td>
<td><a href="https://www.dartfish.tv/Player?CR=p61lc85537m1889680">https://www.dartfish.tv/Player?CR=p61lc85537m1889680</a></td>
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</tbody>
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#### Test 6: Prone Hip Internal and External Rotation Range of Motion –
If there is a deficit in the range of motion of your hip

<table>
<thead>
<tr>
<th>Exercises</th>
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</thead>
<tbody>
<tr>
<td>1. Sumo squat</td>
<td><a href="https://www.dartfish.tv/Player?CR=p61lc85537m1901413&amp;CL=1">https://www.dartfish.tv/Player?CR=p61lc85537m1901413&amp;CL=1</a></td>
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<tr>
<td>2. Figure 4 stretch</td>
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<tr>
<td>3. Frog stretch</td>
<td><a href="https://www.dartfish.tv/Player?CR=p61lc85537m1881103">https://www.dartfish.tv/Player?CR=p61lc85537m1881103</a></td>
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<tr>
<td>5. Reverse clams (on table)</td>
<td><a href="https://www.dartfish.tv/Player?CR=p61lc85537m1889422">https://www.dartfish.tv/Player?CR=p61lc85537m1889422</a></td>
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<tr>
<td>6. Supine cross legged internal rotation</td>
<td><a href="https://www.dartfish.tv/Player?CR=p61lc85537m1901428">https://www.dartfish.tv/Player?CR=p61lc85537m1901428</a></td>
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#### Test 7: Hip Flexor Flexibility –
If there is decreased flexibility of your hip flexors

<table>
<thead>
<tr>
<th>Exercises</th>
<th>Video Link</th>
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</thead>
<tbody>
<tr>
<td>1. Prone hip flexor stretch</td>
<td><a href="https://www.dartfish.tv/Player?CR=p61lc85537m1881963">https://www.dartfish.tv/Player?CR=p61lc85537m1881963</a></td>
</tr>
<tr>
<td>2. High kneeling posterior pelvic tilt</td>
<td><a href="https://www.dartfish.tv/Player?CR=p61lc120035m1901607">https://www.dartfish.tv/Player?CR=p61lc120035m1901607</a></td>
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<tr>
<td>3. Supine quad stretch on table</td>
<td><a href="https://www.dartfish.tv/Player?CR=p61lc85537m1876049">https://www.dartfish.tv/Player?CR=p61lc85537m1876049</a></td>
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#### Test 8: Hamstring Flexibility –
If there is decreased flexibility of your hamstrings

<table>
<thead>
<tr>
<th>Exercises</th>
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</tr>
</thead>
<tbody>
<tr>
<td>1. Door stretch</td>
<td><a href="https://www.dartfish.tv/Player?CR=p61lc85537m1901676&amp;CL=1">https://www.dartfish.tv/Player?CR=p61lc85537m1901676&amp;CL=1</a></td>
</tr>
<tr>
<td>2. Supine hamstring stretch with strap</td>
<td><a href="https://www.dartfish.tv/Player?CR=p61lc85537m1889648">https://www.dartfish.tv/Player?CR=p61lc85537m1889648</a></td>
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</table>

#### Test 9: Quadriceps Flexibility –
If there is decreased flexibility of your quadriceps

<table>
<thead>
<tr>
<th>Exercises</th>
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</tr>
</thead>
<tbody>
<tr>
<td>1. Standing quad stretch</td>
<td><a href="https://www.dartfish.tv/Player?CR=p61lc120035m1901607">https://www.dartfish.tv/Player?CR=p61lc120035m1901607</a></td>
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<tr>
<td>2. Supine quad stretch on table</td>
<td><a href="https://www.dartfish.tv/Player?CR=p61lc85537m1876049">https://www.dartfish.tv/Player?CR=p61lc85537m1876049</a></td>
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#### Test 10: Core Stabilization Strength –
If there is a weakness in your core muscles.

<table>
<thead>
<tr>
<th>Exercises</th>
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<tbody>
<tr>
<td>1. Planks (3-way, front and both sides)</td>
<td><a href="https://www.dartfish.tv/Player?CR=p61lc85537m1875956&amp;CL=1">https://www.dartfish.tv/Player?CR=p61lc85537m1875956&amp;CL=1</a></td>
</tr>
<tr>
<td>2. Dead bugs</td>
<td><a href="https://www.dartfish.tv/Player?CR=p61lc85537m1884027">https://www.dartfish.tv/Player?CR=p61lc85537m1884027</a></td>
</tr>
<tr>
<td>3. Bridges</td>
<td><a href="https://www.dartfish.tv/Player?CR=p61lc85537m1841370">https://www.dartfish.tv/Player?CR=p61lc85537m1841370</a></td>
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#### Test 11: Ankle Mobility –
If there is decreased ankle dorsiflexion.
Please choose 2 exercises and perform them starting with 1 set of 10 reps. Progress to multiple sets as the exercises get easier to perform.

<table>
<thead>
<tr>
<th>Exercises</th>
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</tr>
</thead>
<tbody>
<tr>
<td>2. Bent Legged Calf Stretch at wall</td>
<td><a href="https://www.dartfish.tv/Player?CR=p61lc85537m190961">https://www.dartfish.tv/Player?CR=p61lc85537m190961</a></td>
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