

Strengthening Exercises for Lacrosse Players

Bear Crawls



Begin in the quadruped position. Tuck your toes and engage your core. Push into the floor with your hands and feet so that your knees are hovering about 1 inch off the floor. While maintaining a neutral spine and flat back begin "crawling" forward by moving your opposite arm and leg

Side Lying Hip Abduction in Plank Position



Start by lying on your side with a theraband wrapped around your thighs. Raise your top leg away from your bottom leg. Lower the leg and your body back down.

Single Leg Deadlift with Dumbbell



Begin by holding a barbell or weights in your hands and stand on the leg to be exercised. Slowly Lean forward until chest is parallel with the ground while simultaneously extending the opposite leg backwards keeping it in line with the trunk. Slowly return to the starting position.

Single Leg Bridges

Begin by lying with knees bent and both feet flat on the floor with arms at your sides. Lift one foot off the floor and straighten the knee. With one leg, raise your hips off the surface by squeezing your gluteal muscles.



Attempt to bring the hips up to where they are in line between the knees and shoulders.



Stretches for Lacrosse Players

Shin Boxes



Start sitting on floor with legs straight out in front of you. Bend one knee to sit in figure 4 position (foot to opposite knee). Bend the straight leg, keeping knee in same position, so foot is behind you. From this position, rotate over your bottom

Comments:
Progress to a trunk lean if appropriate

Calf Stretch off Step

Begin standing on a step with your hand on a railing for balance as needed. Bring the leg to be stretched backward so that the ball of your foot is lightly resting on the edge of the step. Keeping your knee straight, slowly shift your weight onto your back foot until you feel a stretch in your calf.

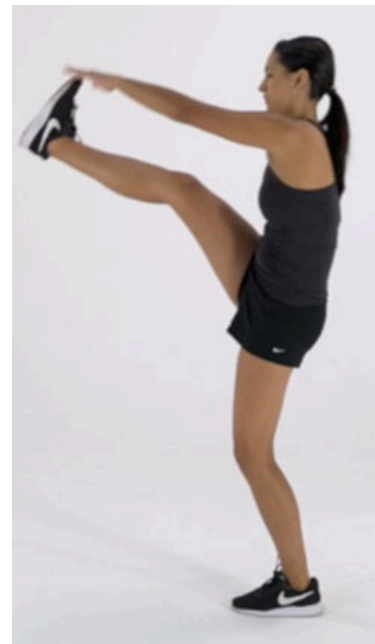


Forward Lunge and Rotation



Start in standing with both feet together. Step forward with the side to be exercised and bend at both knees. When fully lunged, rotate your upper body to the side, keeping your feet in place. When fully rotated, turn back so you are facing forward and stand up to take another step and repeat to the opposite side.

Frankenstein Kicks



Start by standing tall and arms extended. Begin by taking a step and swinging one leg up towards the opposite arm and try to touch your hand. Alternate legs as you walk forward



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