

Notes: Preseason Hockey Program

1- Adductors stretching - Sets:2 / Duration:30 seconds



Sitting with your legs extended.
Bend your knees towards you while keeping your feet together.
Let your knees fall out to the sides.
You should feel a stretch in the groin region.
To increase the stretch, place your elbows on your knees and push down.
Hold the position.



2- Hip openers and closers - Sets:2 / Repetition:10



Stand on one leg and lift the other leg by bringing your knee towards your chest.
Then, rotate the moving leg out to the side and then back to the middle.
Repeat the exercise for the prescribed number of repetitions.



3- Hip adduction - Sets:2 / Repetition:10



Lie on your side with the bottom leg (affected leg) straight and the top leg bent in front with your foot flat on the floor.
Place one hand over your pelvis to maintain it stable.
Lift up the bottom leg, keeping it straight and the pelvis stable. The foot and the knee cap are pointing forward during the movement.
Return to the initial position and repeat.



4- Glute bridge with ball squeeze - Sets:2 / Repetition:10



Lay down on your back with your knees bent and a ball or pillow between them.

Squeeze the glutes and contract the abdominals to lift the hips off the ground. As you lift, squeeze the ball between the legs.

Hold for a few seconds on top, then release as you lower.



5- Sidestep with band - Sets:2 / Repetition:10 / Weight:Green Progressing to Blue



Start in a squat position with a band around your ankles.

Keeping the band taut at all times, step to the side.

Push the knees out while taking the steps so they don't cave in.

Each step is about 50% of the starting position stance.



6- Step-down - Sets:2 / Repetition:10



Stand up straight on a stool supported on one leg.

Align your knee cap with your second toe and lower slowly your unsupported leg on the ground while maintaining this alignment on the supporting leg.

Lightly touch the ground with your heel and lift the leg up to the starting position.

Prevent your support knee from turning inward by squeezing your buttocks together.



7- One leg toe touch - Sets:2 / Repetition:10



Stand upright on one leg, tip the body forward, hinging at the hips and keeping the back straight. Touch or try to touch the floor and use your hamstring to lift yourself back to the starting position. Make sure that your knee is aligned with your foot and hips and keep your hips and lower back level as you go down.



8- Adductor slide (towel) - Sets:2 / Repetition:10



Start in standing position with the working foot on a towel. Make sure to perform this exercise on a low friction floor. Slide the leg out as you push your hips back. Keep the support leg's heel planted on the ground. Come back up and repeat the exercise.



9- Adduction plank, long lever - Repetition:10



Start on one elbow/forearm with the top leg on a chair, knee straight, and the bottom leg on the ground as shown in the picture. Hold the position with the top leg (do not let the hips drop) and lift the bottom leg up to meet the top leg. Hold as recommended then go back down without touching the ground and repeat. Do not rotate your pelvis or over arch your lower back (ie, maintain the trunk/pelvis/knees aligned at all times).

