

Madison William Taylor's Injury Prevention Workout for Football Players

1. The neck is a common injury in football with this occurring in the form of sprains or stingers.
 - One of the best ways to strengthen the neck is by doing heavy power shrugs.
 - This exercise is done with a 45 pound Olympic bar and heavier weight. The lifter holds the bar in an athletic position just above the knee with their knees bent and arms straight out in front. The lifter shoots their hips up and forward and this motion should propel the shoulder to shrug. Pause the shrug at the top for 1 Mississippi count. Then return the bar and your body back to the starting position.
 - Do 4 sets of 5 repetitions



2 Another common injury in football is shoulder injuries

- One of the best exercises to strengthen the shoulders is standing military press. This exercise will strengthen the shoulder muscles which will provide body armor for the player to hit with.
- This exercise can be done with 2 weighted dumbbells. Hold the dumbbells just above shoulders while standing with your feet shoulder width apart. Then without using your legs or back lift the dumbbells straight up toward the ceiling.



- Do 4 sets of 8 reps

3. Another common injury in football is pulled hamstrings. One of the problems for this is individuals are quad dominant runners. Also flexibility issues do enter into play.
- One of the best ways for improving hamstring strength is through doing protrait hamstring curls. Lay on the machine and hook your heels underneath the pad. Then after selecting you desired weight bring your heels up toward your butt in a smooth motion. Importantly as slowly as possible allow your legs to straighten back out.
 - Do 4 sets of 12 reps



4. A common injury in football is an injury to the lower back. The lower back is the contact point for all hits in football. Also it is the literal back bone of a strong core.
- One of the best ways to strengthen the lower back is through Olympic split leg dead lifts. This lift is also great for the entire body.
 - On this exercise you will need an Olympic bar and bumper plates. Stand with your legs wider than shoulder width. Then grip the bar with your hands close together and palms facing up. Then pick the bar up with your legs locked, eyes up, chest out, and a tight back. This posture should be maintained throughout the lift. After picking the bar up stand up until you are in a complete upright position. Then slowly put then slowly retrace your steps and put the bar back down.
 - Do 4 sets of 5 reps



5. Groin pulls are another very common injury in football

- One of the best ways to strengthen the groin is through the PNF groin stretch.
- This stretch requires two people. One person sits down and gets into the butterfly position with their soles touching and knees out. The partner is on their knees facing them with their hands on their knees. The partner begins slowly pushing the other partner's knees down towards the ground until the partner being stretched says stop. Then after 5 seconds the partner says push and the partner being stretched drives their knees up towards the ceiling while the other partner does not let them move. Then after a 7 count the partner says relax. Then the non stretching partner pushes them down further until they say stop and repeats the process.
- Repeat this exercise three times stretch-push-relax then switch partners.



6. Hand or finger injuries are a very common problem in Football. Also the hands are the one of the most undertrained but most important parts of football. All positions play with their hands on both sides of the ball.

- Take the hand strengthens clamps and squeeze them 20 times in a row for 3 sets. Also do dead bar hands 3 sets of failure until your cannot hold on anymore.



7. Ankle sprains or ligament tears is a major problem for all players in all positions in football.
- One of the best exercises to strengthen the ankles is one legged squats on half a physio ball. The reason for this is it strengthens the ankle and works on balance.
 - Stand on the ball with your right leg on the ball and your left knee up towards the ceiling. Hold the dumbbells down by your side. Slowly squat down until your butt touches your ankles then stand back up in the starting position.
 - Repeat this exercise on each leg in 4 sets of eight repetitions.



8. Abdominal strains are another common problem in football especially in linemen because they do not have a very strong core.
- The best exercise to strengthen the entire core are plank holds
 - Lay on your side and then put your elbow on the ground and lift yourself off the ground in so your body is parallel to the ground. Hold for one minute. Then flip sides and do the other side. Then lay on your stomach and lift off the ground on both elbows. Then lay on your back and lift off the ground on your forearms.
 - Hold each pose for 1 minute.



9. Another reason for ankle issues is a lack of flexibility in the Achilles muscle. One of the most important things someone can do is stretch out their ankles.

- One of the best ways to stretch your ankles is to stand on a toe board and gradually lean forward.
- Stand with your toes straight ahead and heels on the board and rock forward as far as possible. This movement will straighten out the Achilles and help make it more flexible.
- Do this for the count of one minute and repeat three times.



10. Another common injury is a pulling of the quadriceps muscle.

- One of the best ways to help strengthen this muscle is through walking lunges.
- With dumbbells alternate lunging out as far as possible alternating legs.
- Lunge 4 times of each leg for 4 sets.

