

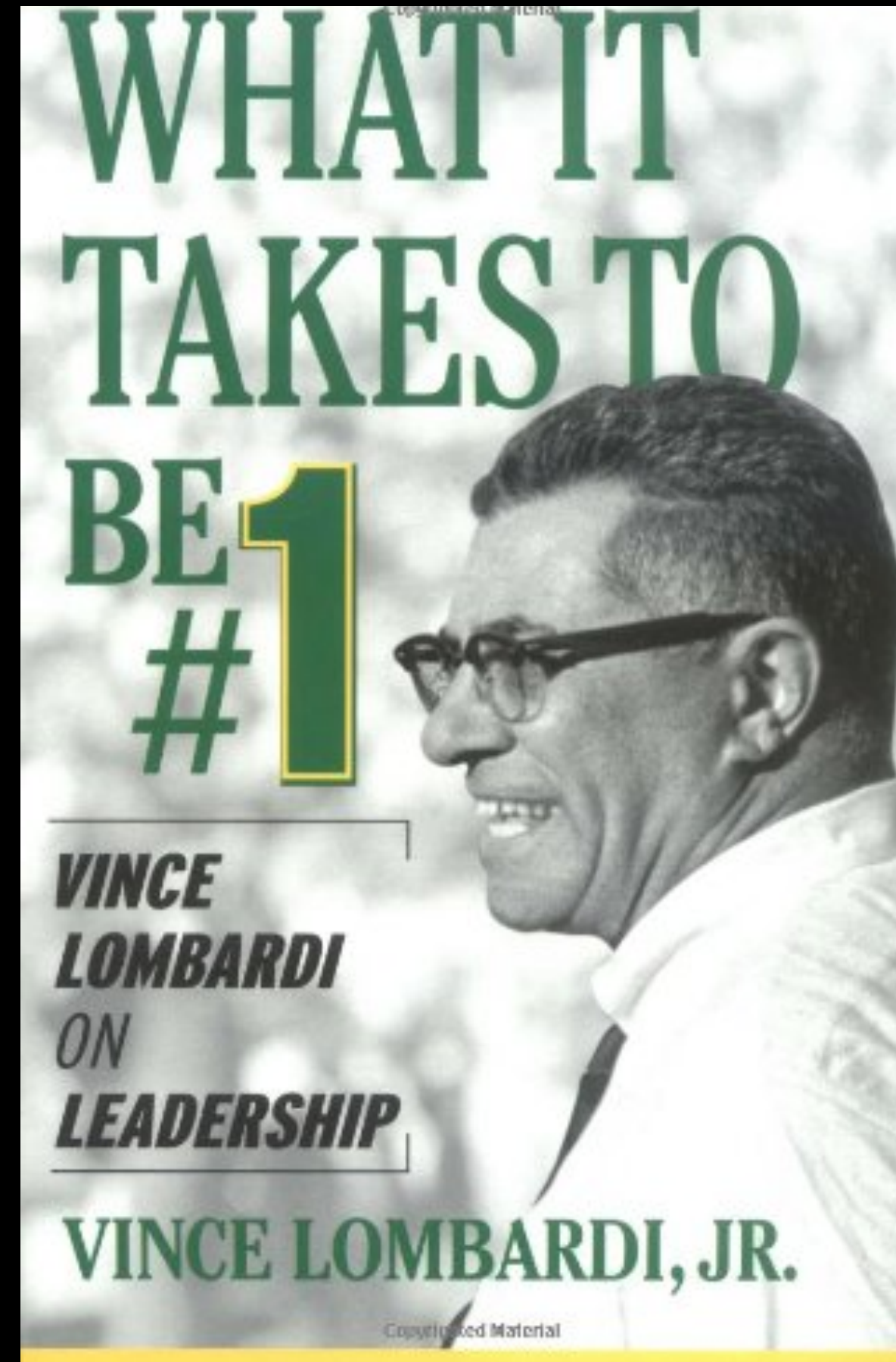
INJURY PREVENTION STRATEGIES FOR HOCKEY

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Thank You!

- Pro Hockey Chiro's Society
- The Sport of Hockey
- All of the Teams, Coaches, Managers, and Players who I have worked with
- Strength and Conditioning Coaches, Athletic Trainers, Massage Therapists, Physical Therapists, and Chiropractors who I have worked with

Good “Bleeping” Players



The Role of the Strength Coach

- Dan John
- Help Athletes Get Stronger
- Increase Performance
- Help Prevent Injuries

INJURIES

- Collisions
 - Facial
 - Shoulder- Dislocations, Separations
 - Knees- MCL, ACL
 - Head Injuries

INJURIES

- Overuse
 - Groins
 - Hip Flexors
 - Sports Hernia's
 - Lower Back

SHOULDER

- AC Separations
- Dislocations/Subluxations
- Rotator Cuff
- What Did I see?

Prevention

- Shoulder Mobility FMS Scores- Asymmetries
- Rotators- Pecs, Lats, Subscapularis, Teris Minor,
- Thoracic Spine Mobility-
 - Extension
 - Rotation

Soft Tissue



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T-Spine- Extension



T-Spine- Rotation



Strength Training

- Vertical Pulling- Pull Ups/Chin Ups
- Horizontal Pulling- Rows
- Overhead Position- One Arm Presses, Get Ups

Pull Ups/Chin Ups



Horizontal Pulling



1-Arm Press



Knee

- MCL'S
- ACL's
- Other- Tendinitis, Chondromalacia

Prevention

- Squatting
- Single Leg Strength
- Hinging

Goblet Squat



Kettlebell Front Squat



Single Leg Strength



1-Arm/1-Leg Modified SLDL



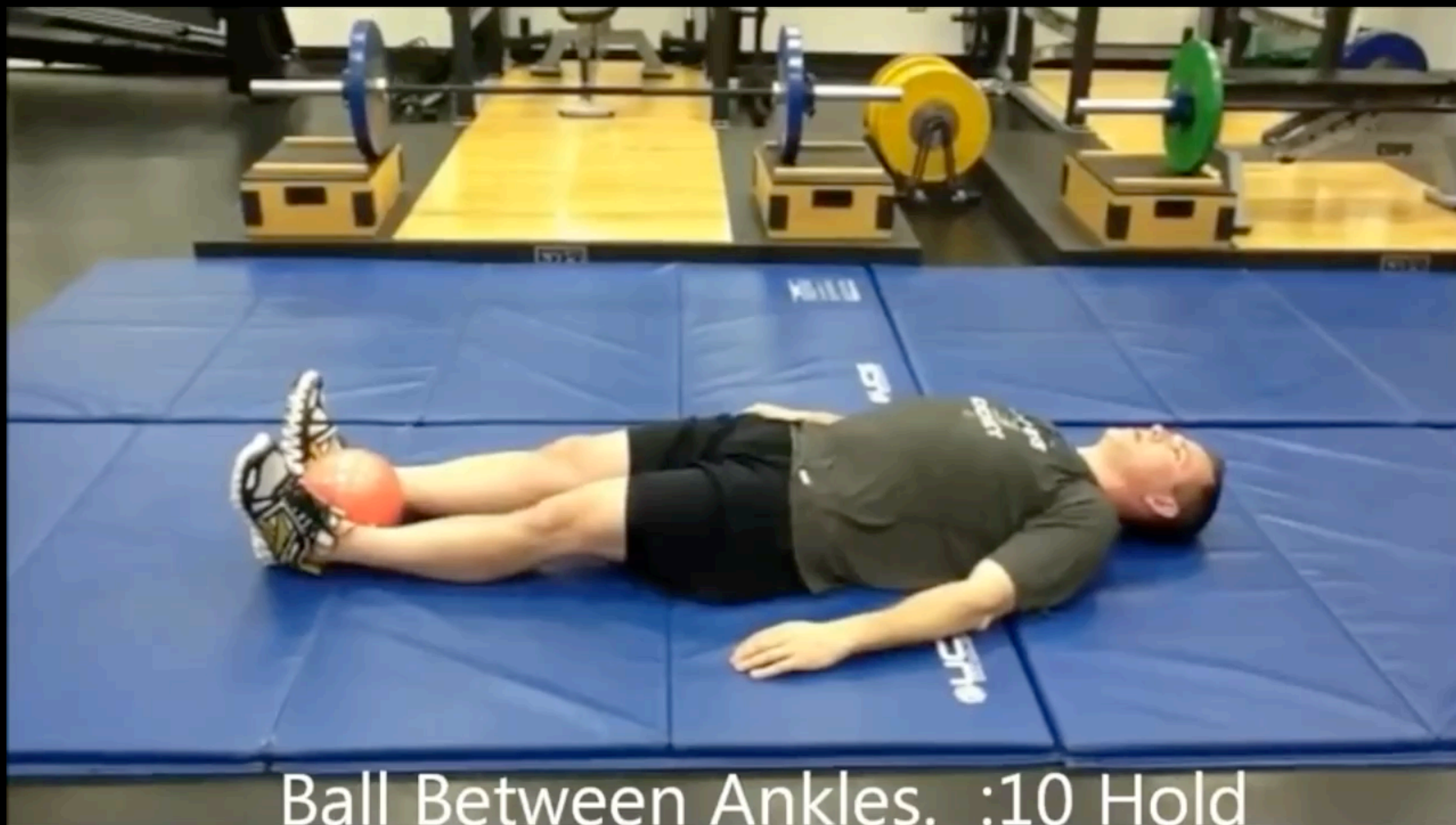
Soft Tissue Injuries

- “Groins”
 - Adductors
 - Sports Hernias
 - Hips

What Did I See?

- Practice Demand+Games Played+Inadequate Recovery= Overuse
- Previous Injuries
- Has This Changed?
- FMS
 - Hurdle Step
 - Trunk Stability Push Up
 - Rotary Stability

Adductors



Ball Between Ankles. :10 Hold

Hip Flexion + Adduction



“Prevention” Program

- Flexibility
- Get Players Stronger!
- Optimal Body Composition

Methods

- Daily “Core” and Corrective Exercises as Needed
- Team Stretching and warm up sessions
- Strength Training- Whenever we can (Off-season/Pre-season/Post-season different)

In- Season Core Program

- Supine Hip Extension- Glute Bridge
- Quadruped Hip Extension
- Side Bridge Progression
- Hip Flexion
- Hip Adduction- Ball Squeeze
- Hip Abduction- Mini Bands
- Anti- Flexion/Extnsion- Roll Outs

Durability

- Body Armor- Dan John
- Multi- Joint Exercises
- Stick With the Basics

Conditioning

- Injuries More Frequent during 2nd and 3rd periods
- Enhance Recovery Ability
- Aerobic Work
- Aerobic Work Enhances Recovery from High Intensity Intermittent Exercise

What is New?

- Not Much?
- RPR
- More Individualized Approach within Team Program

Thank You!

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