GENDER SPECIFIC EXERCISE TO PREVENT INJURY

By Rose Smith
Form is Everything!!!
MALE ATHLETES

Lower Leg

Diagram showing the muscles of the lower leg, including:
- Gastrocnemius
- Soleus
- Fibularis longus
- Tibialis anterior
- Extensor digitorum longus
- Extensor hallucis longus
- Fibularis tertius

Anterior compartment muscles

Lateral compartment muscles
MALE ATHLETES

Eversion with Resistance
Inversion With Resistance
MALE ATHLETES

Single Leg Stance on Bosu Ball
MALE ATHLETES

Calf Stretch!
MALE ATHLETES

Shin Stretch!
FEMALE ATHLETES

Single Leg Bridge
Clam Shells
FEMALE ATHLETES

Leg Raise
FEMALE ATHLETES

Monster Walks! GRRRR!
FEMALE ATHLETES

Monster Walks! GRRR!
Duck Walks!
QUACK, QUACK!!!

FEMALE ATHLETES
Duck Walks!
QUACK, QUACK!!!
FEMALE ATHLETES
BOTH

Single Leg Bosu Squat