



## PEP Program

### Prevent Injury, Enhance Performance Warm Up

#### Warmup

Slow Jog (30 sec)  
Shuttle Run Right (30 sec)  
Shuttle Run Left (30 sec)  
Slow jog backwards (30 sec)

#### Stretching

Downward V Calf Stretch (30 sec ea. calf)  
Quadriceps stretch (30 sec ea. quad)  
Hamstring figure 4 stretch (1 min)  
Inner thigh stretch (30 sec – 1 min)  
Hip Flexor stretch (30 sec/ hip)

#### Strengthening

Walking Lunges (3 sets x 10 reps)  
Partner Russian Hamstring (3 sets x 10 reps)  
Single toe raises (2 sets x 30 reps)

#### Plyometrics

Lateral hops over cone (20 reps)  
Forward/backward hops over cone (20 reps)  
Single leg hops over cone (20 reps)  
Vertical jumps with header (20 reps)  
Scissor jump (20 reps)

#### Agility

Shuttle run w/ forward and backward run (1 min)  
Diagonal run (3 passes)  
Bounding run (44 yds)

#### Cool Down

Crunches (30 reps x 2 sets)  
Bridging with alternating hip flexion (30 reps)  
Single/double knee tuck laying on back (30 sec x 2)  
Figure four piriformis stretch (30 sec x 2)  
Seated butterfly stretch (30 sec x 2)

#### **Important Note**

This warmup routine should take between 15-20 minutes to complete. Athletes should be using this warm up 3 times per week in order to be most effective in preventing injury during play. Remember this warmup is something that should take time and not be rushed. The coaches and trainers need to emphasize correct posture, straight up and down jumps without excessive side-to-side movement, and reinforce soft landings. This allows the body to accurately warm up and significantly reduce the chance of injury.

Santa Monica Sports Medicine Research Foundation: [Program Description and Instructions](#)  
Video Demonstration NCAA: [https://www.youtube.com/watch?v=t\\_yz7yWLo5o](https://www.youtube.com/watch?v=t_yz7yWLo5o)

#### **References for PEP program:**

Silvers, H. J., & Mandelbaum, B. R. (2007). Prevention of anterior cruciate ligament injury in the female athlete. *British journal of sports medicine*, 41(suppl 1), i52-i59.

#### **Reference for Guidelines:**

Arundale, A. J., Bizzini, M., Giordano, A., Hewett, T. E., Logerstedt, D. S., Mandelbaum, B., ... & Beattie, P. (2018). Exercise-based knee and anterior cruciate ligament injury prevention: clinical practice guidelines linked to the international classification of functioning, disability and health from the academy of orthopaedic physical therapy and the American Academy of sports physical therapy. *Journal of Orthopaedic & Sports Physical Therapy*, 48(9), A1-A42.