

# Lacrosse

## Injury Prevention Protocol

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Online  
Movement  
Guide



This routine builds shoulder armor for contact and shooting torque, check-ready core stability, and quiet, controlled landing mechanics to protect ACL and ankles. Consistency keeps athletes healthy and on the field all season.

### Areas of Focus:

- Ankles & feet (cutting, sprinting)
- Hips & groin (change of direction, shooting)
- Thoracic spine (rotation, posture)
- Shoulders & scapula (stick handling, checks)
- Core (anti-rotation, deceleration)

### Optimal Frequency:

- 2–3x/week in-season
- Warm Up + Mobilize on Practice Days
- Extended Recovery on Game Days

### Common Injuries:

- Ankle sprains – cutting, uneven surfaces
- Knee injuries (ACL/MCL/meniscus) – pivoting, deceleration
- Groin / hip strains – lateral movement, dodging
- Hamstring strains – sprinting and acceleration
- Lower back pain – repeated rotation and shooting
- Shoulder instability / labrum issues – shooting and contact
- AC joint sprains – falls and checks

If you're looking for more than guesswork or want built in accountability for your athlete, we design 1:1 injury recovery and prevention plans at Stretchly so kids stay strong, safe, and in the game.



If a **personalized** plan feels like the next step, book an intro session at [stretchly.com](https://stretchly.com)

**STRETCHLY**   
MOBILITY • RECOVERY • PERFORMANCE



Get stronger. Move better. Stay protected.

**The best athletes aren't just tough — THEY'RE PREPARED!**

# Lacrosse

## Injury Prevention Protocol

**Equipment Required:** Foam Roller

### Warm-Up (4-5 Min)

Braced March > Progress to High Knees (30-45 sec)  
Hip Swings (30 sec)  
Shoulder Rotations (controlled, full range) (30 sec)  
Squat Hold + Ankle Rock (30 sec)  
Lunge + Reach + Rotate (alternating)

### Mobilize (6-7 Min)

#### Foam Rolling (2 min total)

1. Calves (ankle dorsiflexion)
2. Glutes (hip rotation)
3. Upper Back (thoracic extension)

#### Active Mobility

4. Squat Hold + Ankle Rock (slow w/Side emphasis) (10/side)  
90/90 Hip Rotations (controlled) (8/side)  
Reverse Lunge + Reach + Rotate (8/side)  
Thoracic Rotation (10/side)

### Stabilize (6-7 Min)

Single-Leg RDL (bodyweight) (8/side)  
Split Squat ISO Hold (20-30 sec/side)  
Bulgarian Side Plank (20 sec/side)  
Bird Dog (slow + controlled) (10/side)

### Strengthen (6-7 Min)

Reverse Lunge (weighted if possible) (8/side)  
Elbow Plank Shoulder Taps (slow) (10+ Reps)  
Cossack Squat (6-8/side)  
Med Ball Rotation (or bodyweight) (8/side)

### Recover (4-5 Min)

#### Foam Rolling

1. Quads
2. Adductors
3. Glutes
4. Lats
5. Upper Back

#### Finish

1. Pelvic Tilts (slow breathing)
2. Windshield Wipers
3. Quad Couch Stretch

# Lacrosse

## Injury Prevention Protocol

**Equipment Required:** Foam Roller, Dumbbell or Kettlebell, Medicine

### Warm-Up (4-5 Min)

Braced March > High Knees (1 min)  
Butt Kicks (30 sec)  
Jog In Place (30 sec)  
Hip Swings (30 sec)  
Lunge + Reach + Rotate (alternating)

### Mobilize (6-7 Min)

#### Foam Rolling (2 min total)

1. Calves (ankle dorsiflexion)
2. Glutes (hip rotation)
3. Upper Back (thoracic extension)

#### Active Mobility

4. Goblet Squats (deep) (8-10 reps)  
Squat Hold + Ankle Rocks (10/side)  
9090 Hip Rotation (standard or advanced) (8/side)  
Thoracic Rotation (10/side)

### Stabilize (6-7 Min)

Single-Leg RDL (weighted) (8/side)  
Single Leg Balance + Reach (20-30 sec/side)  
Bulgarian Side Plank (20 sec/side)  
Bird Dog (slow) (10/side)

### Strengthen (6-7 Min)

Split-Squat (8/side)  
Med Ball Rotation (8+ Reps)  
Single Arm Row (weighted) (8/side)  
Cossack Squat (8/side)

### Recover (4-5 Min)

#### Foam Rolling

1. Quads
2. Adductors
3. Glutes
4. Lats
5. Upper Back

#### Finish

1. Pelvic Tilts (slow breathing)
2. Windshield Wipers
3. Quad Couch Stretch