



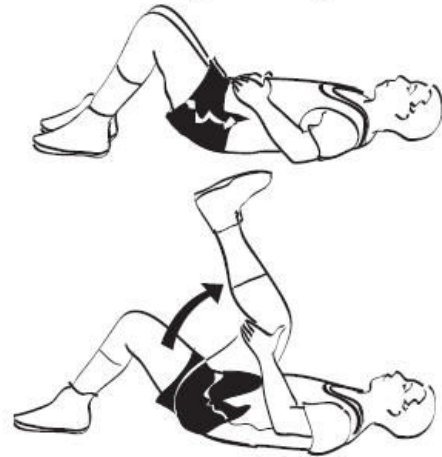
## Exercise Tips for Staying in the Game During March Madness

SSTM's suggested exercises to help prevent basketball-related knee injuries

*Execute up to 10 repetitions of each exercise or within comfort range*

### Bent-Knee Hamstring Stretch

1. Lie on your back with your knees bent and your feet flat on the floor. Keep your neck and trunk straight. Breathe normally.
2. Bend one knee toward your chest. Grasp the back of your thigh with both hands and gently extend leg from knee. Hold stretch for 10 to 30 seconds, breathing normally. Return slowly to starting position. Repeat on opposite side.



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### Quad Knee Push

1. Lie on your back with your right knee bent and your right foot flat on the floor. Your left leg should be extended. Keep your trunk and neck straight. Keep your shoulders down and relaxed. Breathe normally.
2. Slowly push the knee of your extended leg into the floor as firmly as possible. Hold the position for 10 to 30 seconds. Repeat on the left leg.



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### Straight-Leg Raise

Note: This exercise can be done with ankle weights.

1. Lie on your back with your right knee bent and your right foot flat on the floor. Your left leg should be extended. Keep your neck and trunk straight. Breathe normally.
2. Slowly push the knee of the extended leg into the floor and hold. Slowly lift the same leg halfway between the floor and the top of your opposite knee. Hold the position for 5 to 15 seconds. *If using ankle weights, do not hold the position.* Do not arch your back. Return slowly to the starting position. Repeat on the left leg.

