**Injuries/Exercises by Sport**

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| # | Sport | Injury Prone | | Exercises | References |
| 1 | **Tennis** | | shoulder, back, knee | <https://www.optimumtennis.net/tennis-workout-plan.htm> | Injury: <https://www.karger.com/Article/Abstract/84285> |
| 2 | **Golf** | | elbow, wrist, shoulder, dorsolumbar | <https://www.mensjournal.com/sports/10-best-exercises-golfers/> | Injury:  <https://link.springer.com/article/10.2165/00007256-199826010-00004> |
| 3 | **Soccer** | | lower extremity injuries (duh), sprains and strains, minor are ankle sprains, major are knee ligament issues | https://www.mensjournal.com/sports/soccer-strength-9-exercises-will-help-add-power-your-game/goblet-squats-2/ | <https://europepmc.org/abstract/med/6621313> |
| 4 | **Ice hockey** | | concussion, knee (ligament) sprains, ankle sprains, acromioclavicular joint injurie | <https://journals.sagepub.com/doi/full/10.1177/0363546504267349> |  |
| 5 | **Basketball** | | ankle/foot, Knee most prevalent (sprains, contusions, strains) | https://www.mensjournal.com/sports/10-best-exercises-basketball-players/ | <https://journals.sagepub.com/doi/full/10.1177/0363546508322893> |
| 6 | **Baseball** | | knee, shoulder (Dehaven and Linter)   * **Pitchers**: greater upper extremity injuries * **Fielders**: greater proportion of lower extremity injuries | <https://www.mensjournal.com/sports/10-best-exercises-baseball-players/> | <https://journals.sagepub.com/doi/full/10.1177/0363546511411700> |
| 7 | **Football** | | lower extremities (knees and ankles mostly) | https://www.mensjournal.com/sports/10-best-exercises-football-players/ | <https://journals.sagepub.com/doi/full/10.1177/28.suppl_5.s-3> |
| 8 | **Badminton** | | cramps, strains, sprains in lower extremities | https://www.sportsuncle.com/index.php?route=blog%2Farticle&article\_id=42 | <https://www.ncbi.nlm.nih.gov/pubmed/526780?dopt=Abstract> |
| 9 | **Volleyball** | | ankle sprains, overuse injuries in shoulder and back | https://www.theartofcoachingvolleyball.com/10-volleyball-specific-strength-exercises/ | <https://bjsm.bmj.com/content/38/4/477.short> |