

INJURY PREVENTION PROGRAMS

MAKE AN
APPOINTMENT
WITH DR.
KELSEY
TANLER

Not sure where to start with injury prevention? Scan or click on each of the QR codes on this handout to be taken to a beginner injury preventative program for that specific joint. These programs include mobility, stability, and motor control-focused exercises meant to keep your major joints moving well and remaining strong!



NEED SOMETHING MORE SPECIFIC TO YOU? SCAN THE QR ON THE LEFT TO BE TAKEN TO DR. KELSEY TANLER'S APPOINTMENT PAGE WHERE YOU CAN SIGN-UP FOR AN INDIVIDUAL APPOINTMENT.

HIP INJURY PREVENTION

LOW BACK PAIN? CHECK OUT
THIS PROGRAM!



ANKLE INJURY PREVENTION

SHIN SPLINTS OR ACHILLES
TIGHTNESS? CHECK THIS OUT!



KNEE INJURY PREVENTION

ACHY KNEES? TRY THIS
PROGRAM!



SHOULDER INJURY PREVENTION

PREVIOUS SHOULDER SURGERIES OR
RANDOM SHOULDER ACHES? CHECK OUT
THIS PROGRAM!

