

STRETCHING EXERCISES

WHY WARM UP?

Warming up allows the body to adjust from a state of rest to activity in a controlled manner. Raising the body's temperature, metabolic, respiratory and heart rates improves physical efficiency and performance. Warming up stretching muscles and mobilizing joints prior to dynamic activity minimises the risk of incurring a strain injury.

WHEN STRETCHING

Stretching exercises are recommended before and after participating in sport or strenuous manual work as they prepare the body for the forthcoming physical activity by enabling joints to move through their full range of motion optimising flexibility. Pre-stretching reduces the risk of potential strain injury, post-stretching aids recovery.

Neck Stretch



Rotate head in both directions then forward, backward and side to side.
Option: Use pressure from hand on head to increase intensity.

Overhead Arm Stretch



Hands clasped push upwards with straight arms.
Option: Lean forward and backwards whilst arms outstretched.

HOW TO WARM UP

For 5-10 minutes engage in progressively intense light cardio exercise closely related to your sporting activity e.g. football kick about, rugby ball passing, swing arm weights, shadow boxing etc. varied with general exercises such as jogging, shuttle runs, high knee sprints. When feeling adequately energised perform stretching exercises prior to commencing your sport/activity.

POSTURE

Adopt a relaxed, balanced stance standing tall with spine aligned, head up, shoulders back, abdomen flat. During stretches concentrate on controlled, slow, deep breathing. Flexibility is increased when the mind and muscles are relaxed. Everyone's mobility and flexibility is different being dependent on personal physical characteristics, fitness levels and age. Stretch within your limitations DO NOT try to compete.

Shoulder Circles



Pull elbows close to both shoulders.
Option: Gradually decrease circles and arms are fully outstretched in gradually increased back or full circles.

Rear Shoulder Stretch



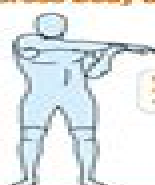
Push straight arms towards both elbows clasped.
Option: Lean forward whilst pushing hands upwards to increase intensity.

Overhead Triceps Stretch



Holding back elbow of arm being stretched pull downwards towards head.

Cross Body Shoulder Stretch



Keeping arm straight and elbow raised, holding elbow or forearm pull towards body.

Chest Stretch



Draw straight arm back and forward in 'whipping' motion.

Hip Circles



Rotate hips in large circles in both directions keeping legs straight.
Option: Hands by sides alternately bend sideways sliding hand towards knee.

Torso Twist



With feet facing forward alternately rotate trunk left and right.

Squat



With feet apart lower body whilst keeping head up and spine straight.

Quad Stretch



Holding ankle of leg being stretched pull foot towards body.
Option: Push thigh back trying to straighten leg whilst leaning forward.

Floor Touch



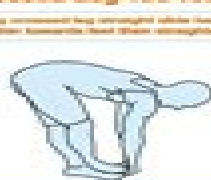
Stand with feet shoulder width apart, feet in front, between and behind feet keeping legs straight then straighten up.
Option: From upright position rotate trunk bending to touch alternate feet with opposite hand.

Calf Stretch



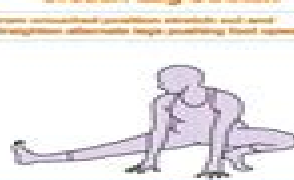
Heels on wall, shift weight onto back foot push rear leg straight, foot-against wall stretch.
Option: Bend knee of back leg shifting weight onto heel of foot, feel knee pull stretch.

Crossed Leg Toe Touch



Keeping knees leg straight slide hands down after towards feet then straighten up.

Crouch Leg Stretch



From crouched position stretch out and straighten alternate legs pushing foot opposite.

Groin Stretch



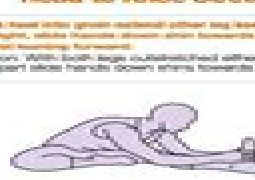
With knees together pull feet towards body whilst sitting forward from hips.
Option: Lying on back knees together with toes flexed spread push out knees.

Hip Stretch



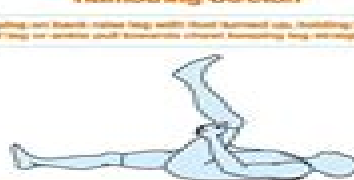
Cross feet over outstretched leg, pull knee towards body with arm whilst rotating torso.

Head to Knee Stretch



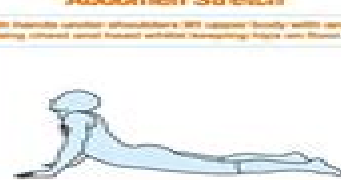
Tuck head little groin outstretched other leg keeping it straight, slide hands down arm towards foot whilst reaching forward.
Option: With both legs outstretched either together or apart slide hands down shins towards feet.

Hamstring Stretch



Lying on back raise leg with foot flexed up, holding back of leg or ankle pull towards chest keeping leg straight.

Abdomen Stretch



With hands under shoulders lift upper body with arms raising chest and head whilst keeping hips on floor.

PERSONAL ROUTINE

Assume the mindset that your Warm Up/Stretch/Cool Down routine is an integral part of your sport/activity session. Develop an achievable routine that you enjoy. DO keep it fresh by including variations. DO NOT view physical preparation as a 'chore' to be hurried. DO NOT allow your routine to evolve into an excessively long activity.

EXERCISE TECHNIQUE

Be methodical starting from the head down. Perform exercises in a considered, controlled manner. Dynamic Stretches involve rotational motions. Static Stretches involve progressively extending to the point of maximum discomfort. Perform each stretch 3-5 times holding static stretches for between 5-30 seconds. DO NOT 'recoil' or 'bounce' relying on momentum. DO NOT grope or 'push through' pain. DO NOT exercise if ill or injured.

WHY COOL DOWN?

Cooling Down provides the body with a period of adjustment from activity to rest where the body's temperature, metabolic, respiratory and heart rates can be lowered in a controlled manner. It also presents an opportunity to reflect on your performance, calm down and relax.

HOW TO COOL DOWN

For 5-10 minutes after dynamic activity leisurely repeat the warm-up routine varied with stretching exercises. This can aid recovery by dispersing lactic acid and other waste products created by muscle activity, minimise 'blood pooling' in lower limbs and reduce Delayed Onset Muscle Soreness (DOMS).

Stretching And Strengthening Exercises

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