

Warm Up

WHY?

- to increase heat throughout the body
- to reduce risk of tearing or straining muscles by increasing their suppleness

HOW?

- 2-3 minute jog, to raise a light sweat (complete before stretching)

Stretching

WHY?

- to increase flexibility and freedom of movement
- to reduce muscle tension
- to reduce the risk of muscle and tendon injuries

HOW?

- hold stretch for 10-20sec - DO NOT BOUNCE
- repeat each stretch 2-3 times
- stretch gently and slowly, keep breathing
- stretch to the point of tension - NEVER PAIN
- select the major muscle groups used in your sport and stretch them through their full range of movement

ENTIRE STRETCHING SESSION SHOULD TAKE 15-20 MINUTES

To increase or maintain flexibility and muscle suppleness, a 20 min stretching session 2-3 times per week is recommended. This can be performed separate to your sporting activity

Cool Down

WHY?

- to help remove muscle waste products
- to reduce muscle soreness and stiffness
- to enable you to compete again at the same level within a short period of time

HOW?

- 2-3 minute light jog, or brisk walk immediately after sport
- 5-10 minutes of stretching (emphasise the major muscle groups you have used during your sport)

Stretching Exercises



1. Neck Flexion/Extension Stretch
(forward, then back)



2. Neck Lateral Flexion Stretch
(one side, then the other)



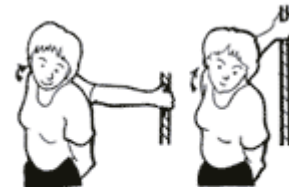
3. Latissimus Dorsi and Posterior Deltoid Stretch
(link hands, push elbows together)



4. Triceps Stretch
(pull elbow across and down)



5. Shoulder Rotator Stretch
(using towel, pull up with the top arm then down with the other)



6. Pectoral Stretch at 90° and 120°
(use a doorway or post)



7. Bicep Stretch
(hands apart)



8. Supraspinatus Stretch
(keep elbow parallel to ground)



9. Wrist Extensor Stretch
(tilt head to opposite side, keep elbow straight)



10. Thoracic Extension Stretch
(reach forward with arms, push chest towards floor, arch back down, backside behind knees)



11. Lateral Flexion Stretch
(one side, then the other, push pelvis across as you bend)



12. Lumbar Extension and Abdominal Stretch
(be gentle if sore)



13. Lumbar Flexion Stretch
(be gentle if sore)



14. Lumbar Rotation Stretch
(rotate legs one side, then the other side, draw in and brace stomach muscles at the same time, breathe)



15. Hamstring Stretch
(straighten leg)
i. with foot pointed
ii. with foot pulled back towards the knee



16. Hamstring Stretch
(commence with knee slightly bent, then push knee straight as tension allows, push chest towards foot)



17. Adductor Stretch
(push down with elbows on knees very gently, keep back straight)



18. Gluteal Stretch
(pull knee and lower leg towards opposite shoulder)



18. Gluteal and Lumbar Rotation Stretch



20. Quadriceps Stretch
(keep pelvis on floor)



21. Quadriceps Stretch



22. Adductor Stretch
(keep foot pointing forward, lunge sideways on bent knee, keep back straight)



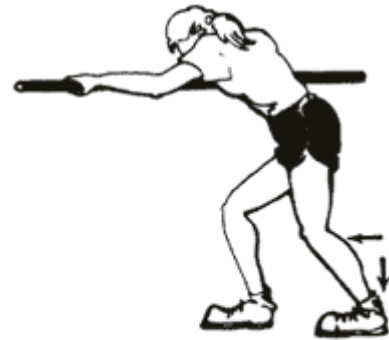
23. Hip Flexor Stretch
(keep back straight, tuck bottom under, lunge forward on front leg)



24. Tensor Fascia Stretch
(continue to push bottom forward, whilst pushing hip to the side)



25. Gastrocnemius Stretch
(keep knee straight and heel
down, feet facing forward)



26. Soleus Stretch
(knee bent over rear foot,
feet facing forward)

The stretches illustrated are aimed as an introduction to stretching.

For Further information about stretching, contact your local Sports Medicine Physiotherapist or Sports Doctor.

DISCLAIMER

The information in this brochure is of a general nature. Individual circumstances may require modification of general advice from an appropriate health professional eg physiotherapist.