

SMARTPLAY

# WARM UP

## STRETCHING

### 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 reduce muscle tension.
- ▶ To reduce the risk of muscle and tendon injuries.
- ▶ To increase flexibility and freedom of movement.

#### HOW?

- ▶ Hold stretch for 10-20 seconds — 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.

### Cool down

#### WHY?

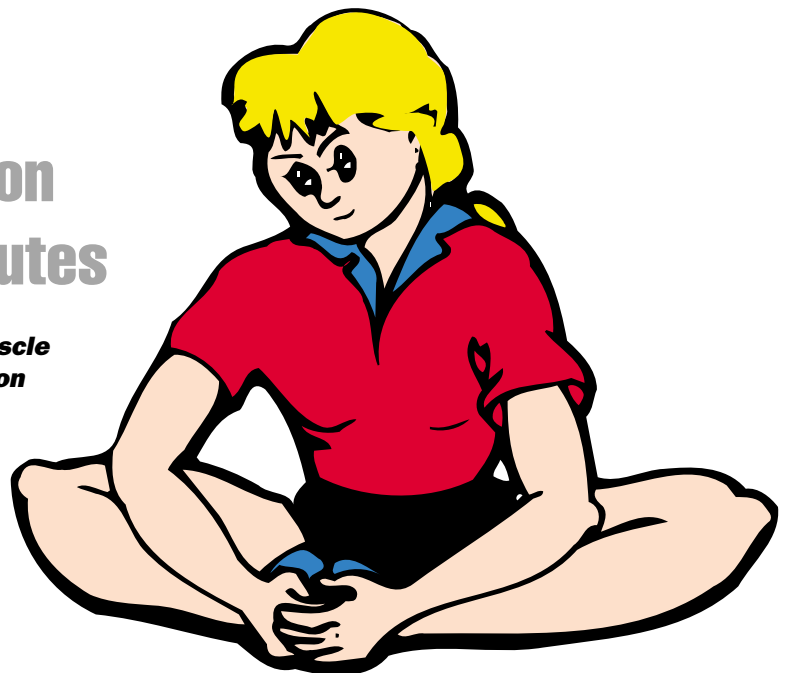
- ▶ To help remove muscle waste products.
- ▶ To reduce muscle soreness and stiffness.
- ▶ To enable you to compete again at the same level within a short period of time.

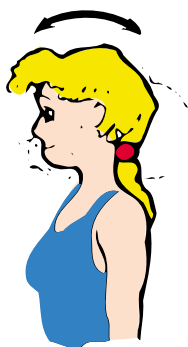
#### HOW?

- ▶ 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).

**Entire stretching session should take 15-20 minutes**

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

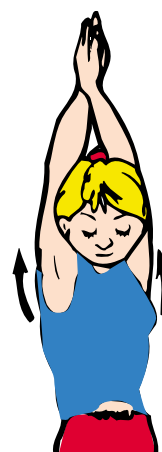




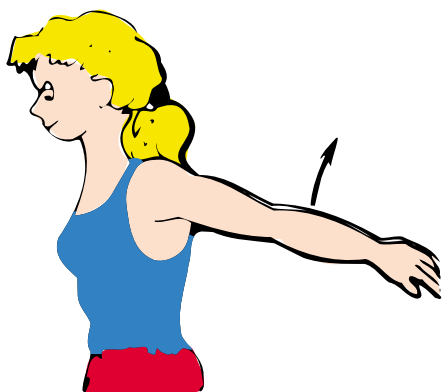
**1. Neck Flexion and Extension Stretch**  
(forward then back)



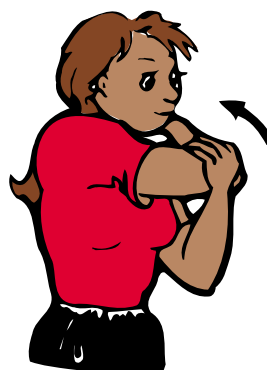
**2. Neck Lateral Flexion Stretch**  
(one side, then the other)



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



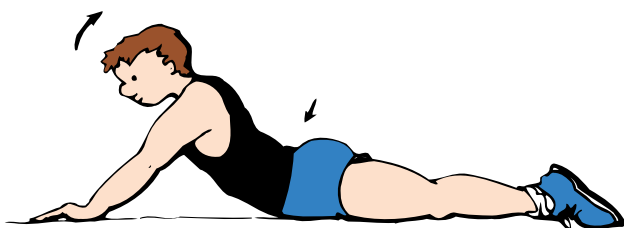
**7. Bicep Stretch**  
(hands apart)



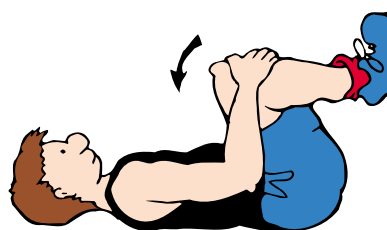
**8. Supraspinatus Stretch**  
(keep elbow parallel to ground)



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



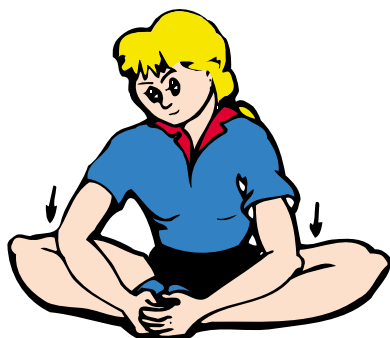
**12. Lumbar Extension and Abdominal Stretch**  
(do not force into pain if you have a sore back)



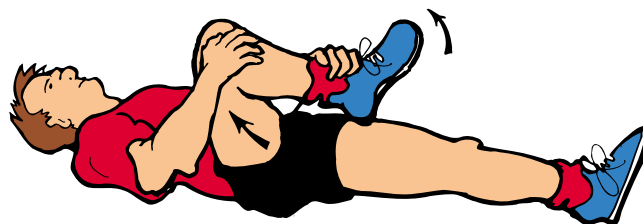
**13. Lumbar Flexion Stretch**  
(do not force into pain if you have a sore back)



**14. Lumbar Lateral Flexion Stretch**  
(rotate legs one side and brace stomach)



**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)

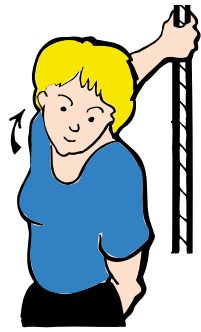
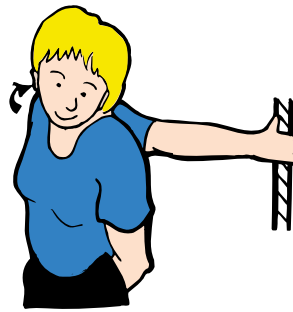
# STRETCHING



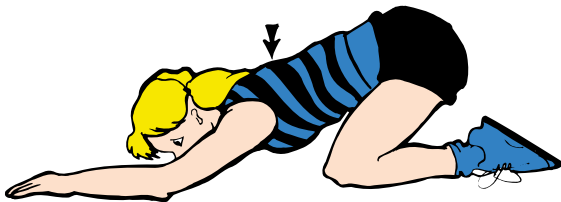
**4. Triceps Stretch**  
(pull elbow across and down)



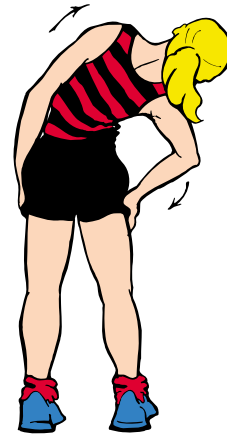
**5. Shoulder Rotator Stretch**  
(using towel, pull up with the top arm then down with the other)



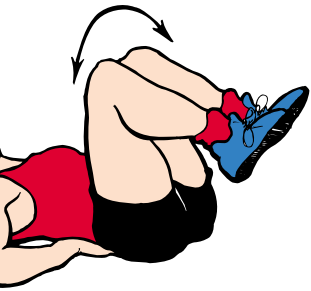
**6. Pectoral Stretch at 90° and 120°**  
(use a doorway or post)



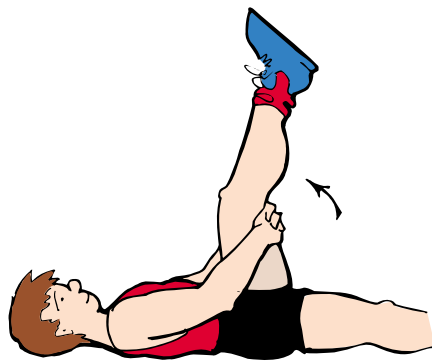
**10. Thoracic Extension Stretch**  
(reach forward with arms, push chest towards floor, arch back down, backside behind knees)



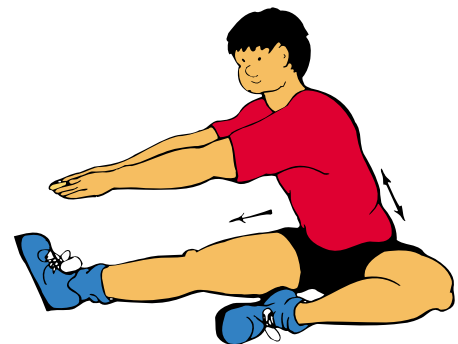
**11. Lateral Flexion Stretch**  
(one side then the other, push pelvis across as you bend)



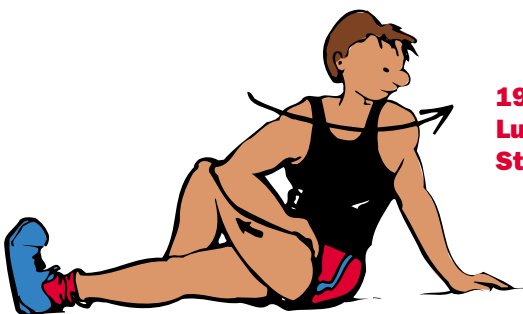
**Lumbar Rotation Stretch**  
(one side, then the other side, draw in stomach muscles at the same time, do not hold breath)



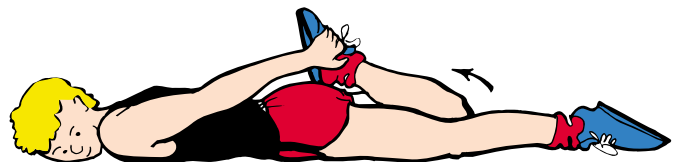
**15. Hamstring Stretch (straighten leg)**  
i. with foot pointed  
ii. with foot pulled back towards the knee



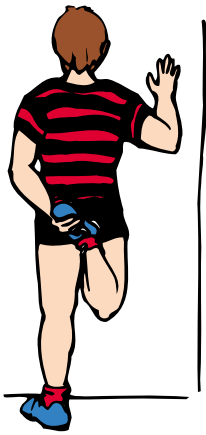
**16. Hamstring Stretch**  
(commence with knee slightly bent, then push knee straight as tension allows, push chest towards foot)



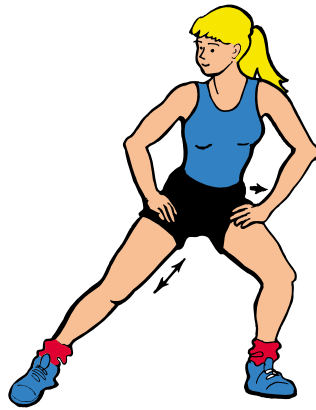
**19. Gluteal and Lumbar Rotation Stretch**



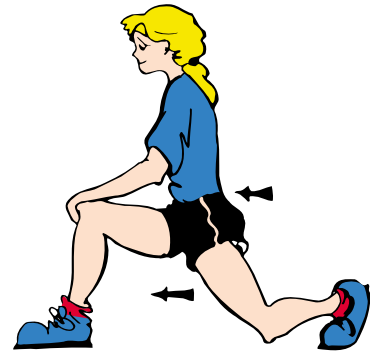
**20. Quadriceps Stretch**  
(keep pelvis on floor)



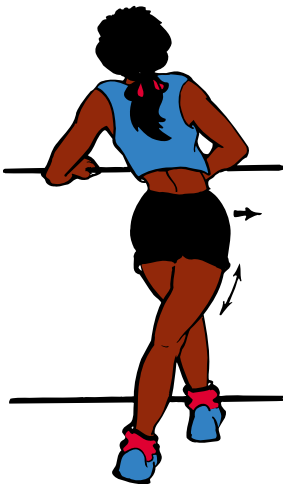
**21. Quadriceps Stretch**



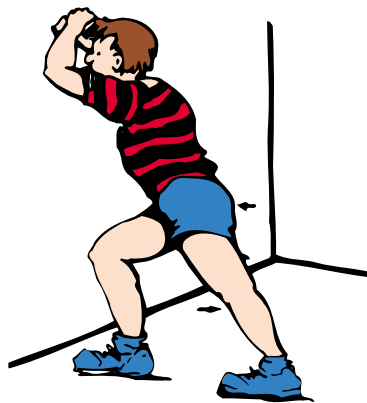
**22. Adductor Stretch**  
(keep foot pointing forward, lunge sideways on bent knee, keep back straight)



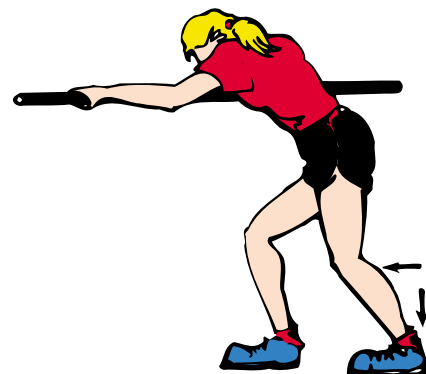
**23. Hip Flexor Stretch**  
(keep back straight, tuck bottom under, lunge forward on front leg)



**24. Tensor Fascia Stretch**  
(continue to push bottom forward, while 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.**

## For further information

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## With thanks to ...

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