



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?

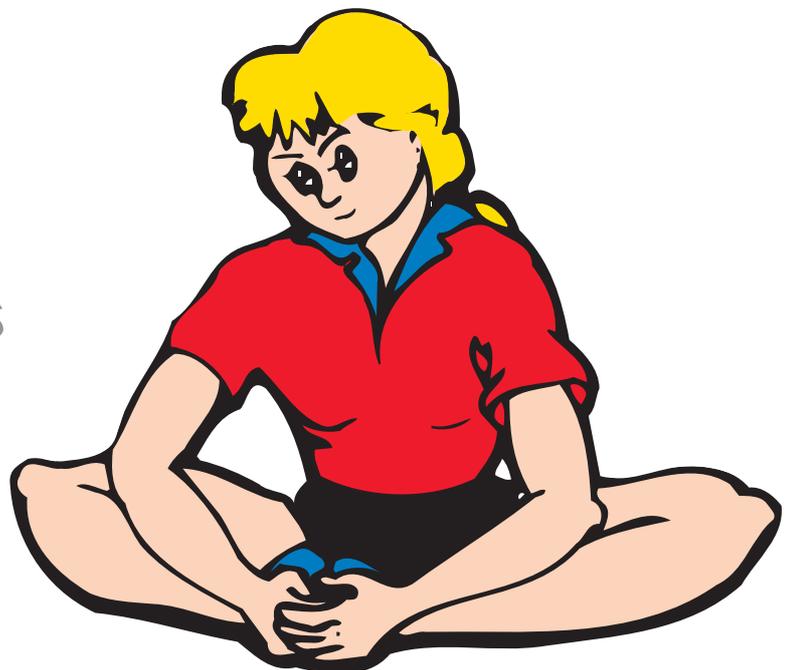
- ▶ To help remove muscle waste products.
- ▶ To reduce muscle soreness and stiffness.
- ▶ To enable you to compete again at the same level within a short period of time.

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.





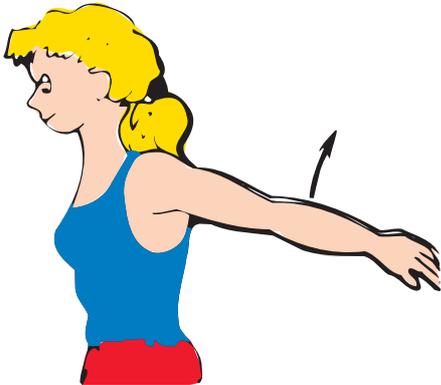
1. Neck Flexion and Extension Stretch
(forward then back)



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



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



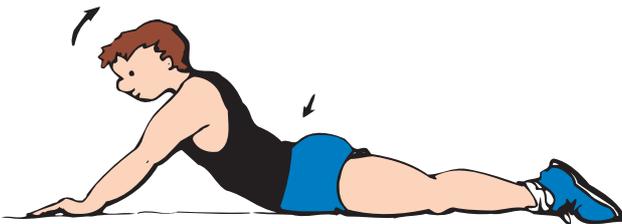
7. Bicep Stretch
(hands apart)



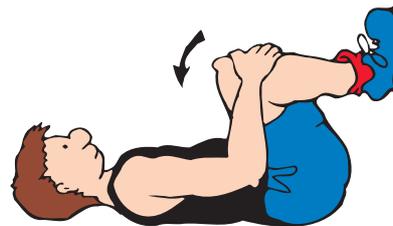
8. Supraspinatus Stretch
(keep elbow parallel to ground)



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



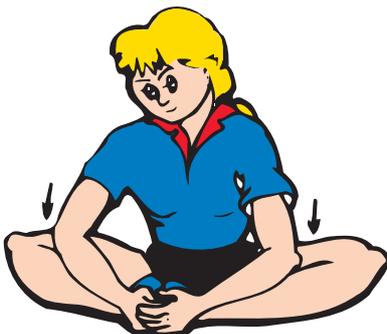
12. Lumbar Extension and Abdominal Stretch
(do not force into pain if you have a sore back)



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



14. Lumbar Rotation Stretch
(rotate legs one side, 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)

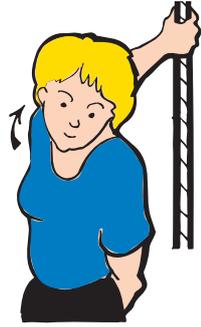
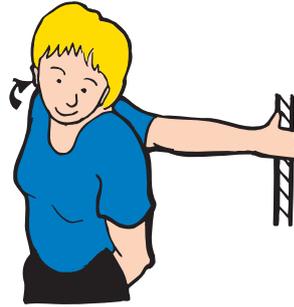
S T R E T C H I N G



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)



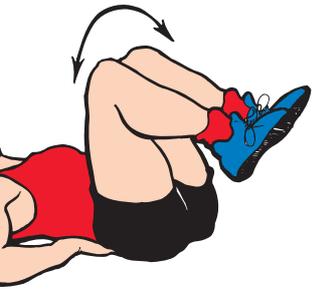
6. Pectoral Stretch at 90° and 120°
(use a doorway or post)



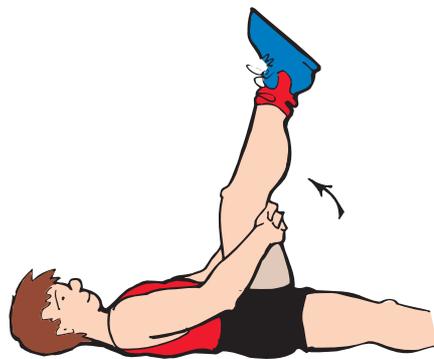
10. Thoracic Extension Stretch
(reach forward with arms, push chest towards floor, arch back down, backside behind knees)



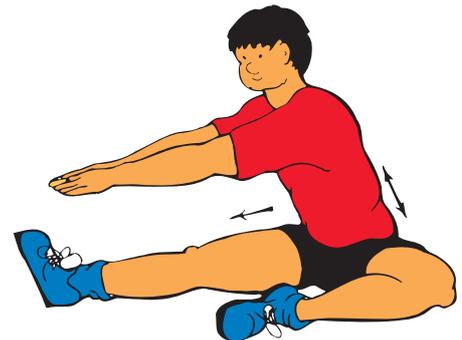
11. Lateral Flexion Stretch
(one side then the other, push pelvis across as you bend)



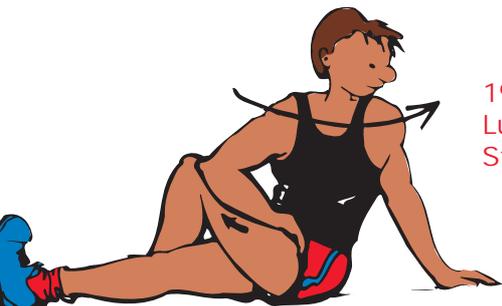
Lumbar Rotation Stretch
(one side, then the other side, draw in each muscles at the same time, do not hold breath)



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)



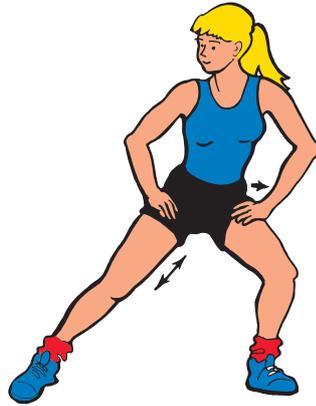
19. Gluteal and Lumbar Rotation Stretch



20. Quadriceps Stretch
(keep pelvis on floor)



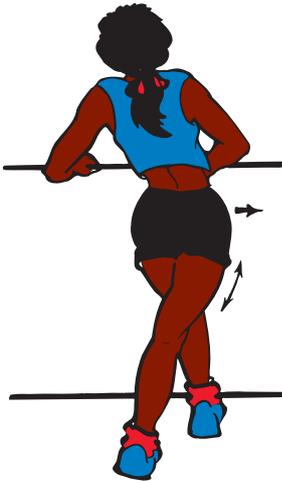
21. Quadriceps Stretch



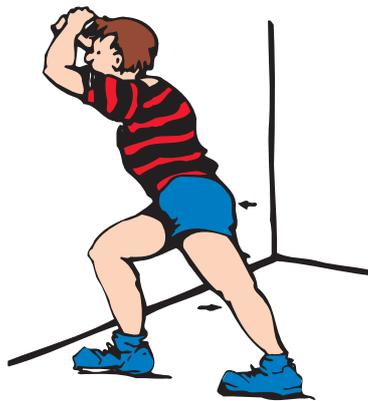
22. Adductor Stretch
(keep foot pointing forward, lunge sideways on bent knee, keep back straight)



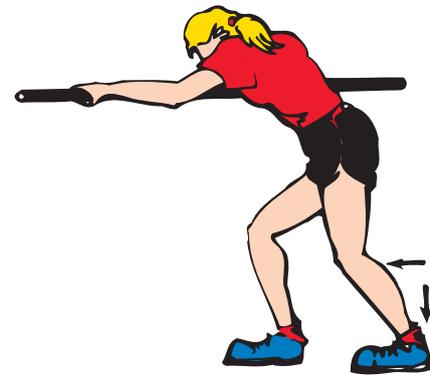
23. Hip Flexor Stretch
(keep back straight, tuck bottom under, lunge forward on front leg)



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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