



A healthier **you** starts here

# Warm up



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## Warm up

### WHY?

- > To increase heat and circulation throughout the body
- > To reduce risk of tearing or straining muscles by increasing their suppleness
- > To enable muscles to contract more effectively and coordinate better

### HOW?

- > The type of activity should include major muscle groups and movements that will be used in your sporting activity
- > You should begin at a gradual low intensity and gradually build up the intensity of the activity, working within your capabilities
- > Participants should notice a increase in heart and breathing rate
- > A light sweat is a good indication of sufficient duration and intensity
- > The warm up should last for 5-10 minutes

## Stretching

### WHY?

The major purpose of stretching is to increase flexibility and maintain muscle balance on either side of a joint. Without stretching, muscles will gradually lose their flexibility and may fail to respond effectively during sporting activity. Stretching enables both physical and mental preparation for an up coming activity or event. It can also reduce tension to relax the body, enhance body awareness, promote circulation and assist with co-ordination by allowing free and easy movement.

### WHEN TO STRETCH

Stretching should be performed once the muscles have been warmed, as the stretching of cold muscles is less effective. It is also important to stretch after activity as well to assist recovery.

### RULES FOR STRETCHING

- > Stretch slowly and gently.
- > Do not bounce or stretch rapidly.
- > Stretch before and after exercise.
- > Do not hold your breath when stretching.
- > Stretch each muscle group 2-3 times.
- > Stretch to a feeling of tension, but never pain.
- > Hold the stretches for approximately 20 seconds.
- > Entire stretching session should last for 10- 15 minutes.

## 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)

**For further information about stretching contact your local Sports Medicine Physiotherapists or Sports Doctor**

### Recommended Stretching Dosage

Hold duration:

Repetitions:

Times per day:

## TIPS FOR WARMING UP

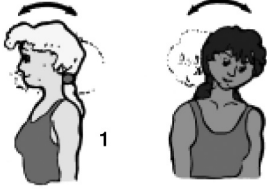




- > Cooler conditions may require longer warm up periods
- > In warmer conditions a shorter time may be adequate
- > Ensure heat is not lost following a warm up

This can be achieved by wearing warm clothes or gentle movements when not directly taking part.

### Example of Warming up (for a running based sport)

- > Running – forwards, backwards, sideways
- > High knee lifts, butt kicks, crossover steps, run and cut, slow run with long strides
- > Run and vertical jump
- > Running at 1/2 pace, jog 3/4 pace, jog, full pace
- > Sport specific training drills

The stretches illustrated are aimed as an introduction to stretching.

 <p><b>1 Neck Flexion/Extension Stretch</b> Forward, then back</p> <p><b>2 Neck Lateral Flexion Stretch</b> One side, then the other</p>	 <p><b>3 Latissimus Dorsi and Posterior Deltoid Stretch</b> Link hands, push elbows together</p>	 <p><b>4 Triceps Stretch</b> Pull elbow across and down</p>
 <p><b>5 Shoulder Rotator Stretch</b> Using towel, pull up with the top arm then down with the other</p>	 <p><b>6 Pectoral Stretch at 90 and 120</b> Use a doorway or post</p>	 <p><b>7 Biceps Stretch</b> Hands apart</p>
 <p><b>8 Supraspinatus Stretch</b> Keep elbow parallel to ground</p>	 <p><b>9 Wrist Extensor Stretch</b> Tilt head to opposite side, keep elbow straight</p>	 <p><b>10 Thoracic Extension Stretch</b> Reach forward with arms, push chest towards floor, arch back down, backside behind knees</p>
 <p><b>11 Lateral Flexion Stretch</b> One side, then the other, push pelvis across as you bend</p>	 <p><b>12 Lumbar Extension and Abdominal Stretch</b></p>	 <p><b>13 Lumbar Flexion Stretch</b> Be gentle if sore</p>
 <p><b>14 Lumbar Rotation Stretch</b> Feet on the ground, rotate legs one side, then the other, draw in and brace stomach muscles at the same time</p>	 <p><b>15 Hamstring Stretch</b> Straighten leg 1 With foot pointed 2 With foot pulled back</p>	 <p><b>16 Hamstring Stretch</b> Commence with knee slightly bent, then push knee straight as tension allows, push chest towards foot</p>



**17 Abductor Stretch**  
Push down with elbows on knees very gently, keep back straight



**18 Gluteal Stretch**  
Pull knee and lower leg towards opposite shoulder



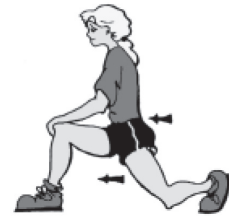
**19 Gluteal and Lumbar Rotation Stretch**



**20 Quadriceps Stretch**  
Keep pelvis on floor



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



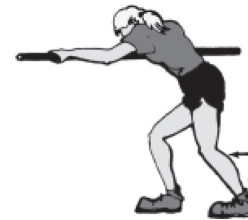
**23 Hip Flexor Stretch**  
Keep back straight, tuck bottom under, lunge forward on front leg



**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

**Sports Medicine Australia (SA Branch)**

27 Valetta Road Kidman Park SA 5025  
Telephone 08 8234 6369  
Facsimile 08 8234 6352  
admin@smasa.asn.au

*The information in this brochure is of a general nature. Individual circumstances may require modification of general advice from an appropriate Health Professional eg. Doctor*

