



# WARM UP

Stretching

# UP

## Warm Up Why Warm Up?

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

## How to Warm Up

- Your warm up should gradually build up and the intensity should be within your capabilities
- The type of activity done in the warm up should include major muscle groups that will be used in your sporting activity
- Your warm up should begin with a low intensity activity such as brisk walking or jogging

## 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

## Cool Down Why Cool Down?

- 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

## How to Cool Down

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

## Stretching Why Stretch?

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 upcoming 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.

The stretches illustrated are aimed as an introduction to stretching. For further information about stretching, contact your local sports medicine physiotherapist or sports doctor.

## Some Stretching Tips

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



Smartplay is supported by NSW Sporting Injuries Committee.

Smartplay wishes to acknowledge the use of materials and information supplied by Smartplay in South Australia and Victoria.

## Neck

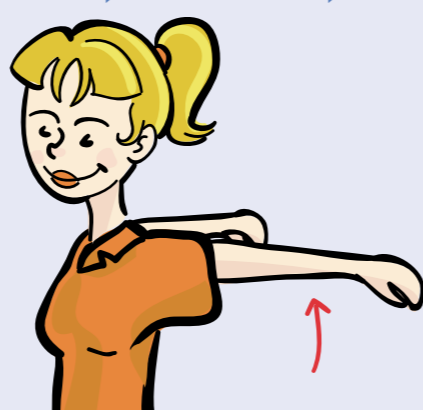


**1. Neck Flexion and Extension Stretch**  
(forward then back)

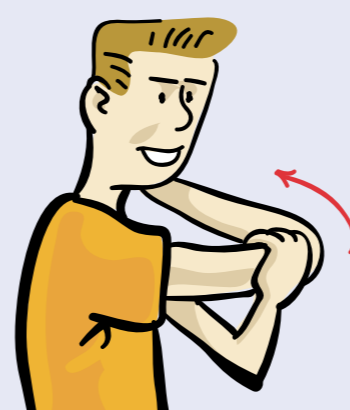


**2. Neck and Lateral Flexion Stretch**  
(one side, then the other)

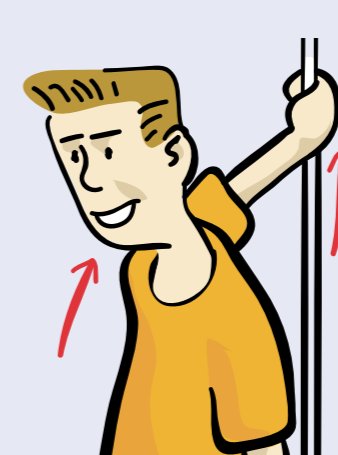
## Arms, Shoulders, Wrists



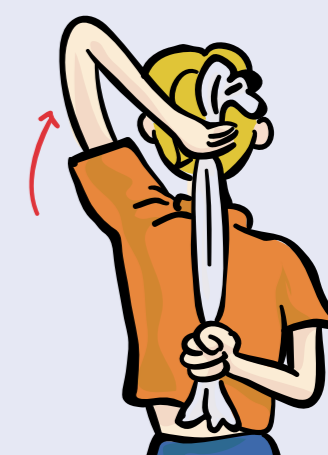
**3. Biceps Stretch**  
(hands apart)



**4. Shoulder Stretch**  
(keep elbow parallel to ground)



**5. Pectoral Stretch at 120°**  
(use a doorway or post)

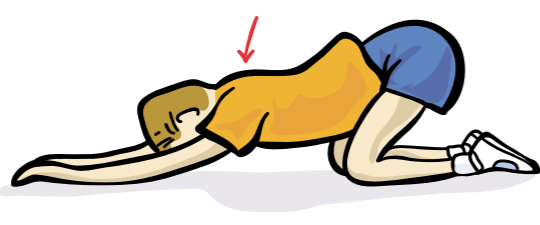


**6. Shoulder Rotator Stretch**  
(using towel, pull up with the top arm then down with the other)

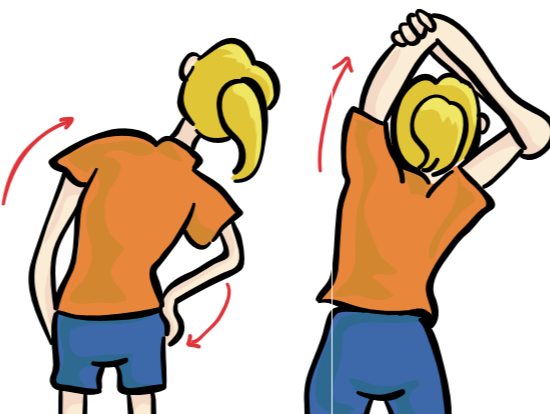


**7. Triceps Stretch**  
(pull elbow across and down)

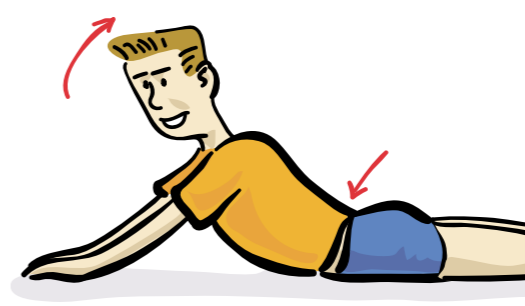
## Back



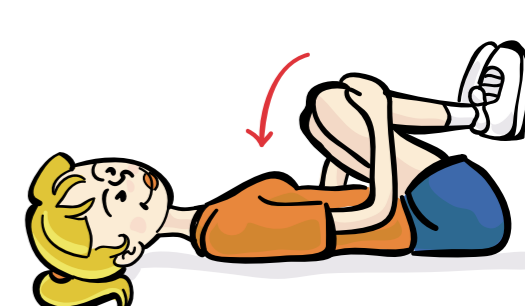
**8. Thoracic Extension Stretch**  
(reach forward with arms, push chest towards floor, arch back down, backside behind knees)



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

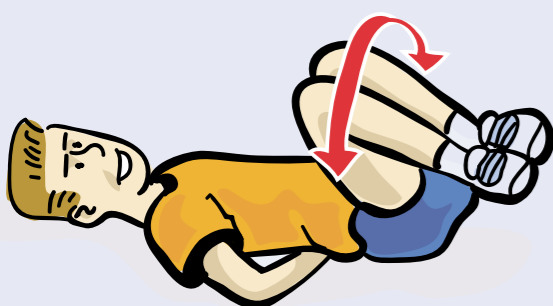


**10. Lumbar extension and abdominal stretch**  
(be gentle if you have a sore back)

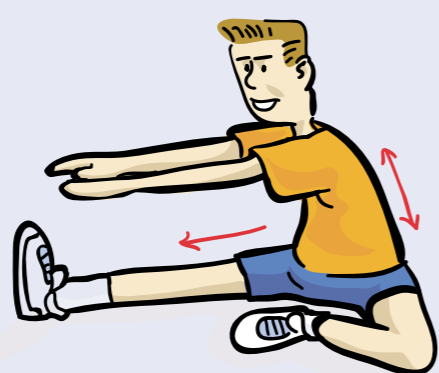


**11. Lumbar Flexion Stretch**  
(be gentle if you have a sore back)

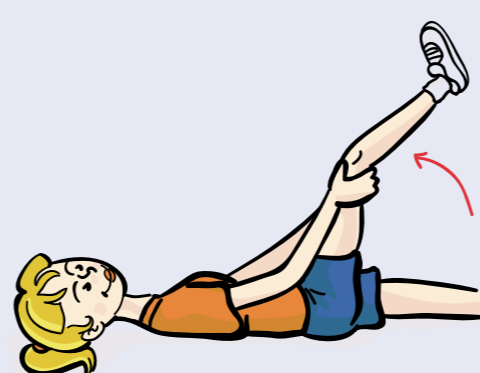
## Hamstrings



**12. Lumbar Rotation Stretch**  
(rotate legs on one side, then the other side, draw in and brace stomach muscles at the same time, do not hold breath)

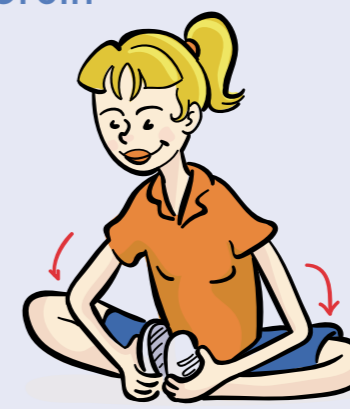


**13. Hamstring stretch**  
(commence with knee slightly bent, then push knee straight as tension allows, push chest forward)

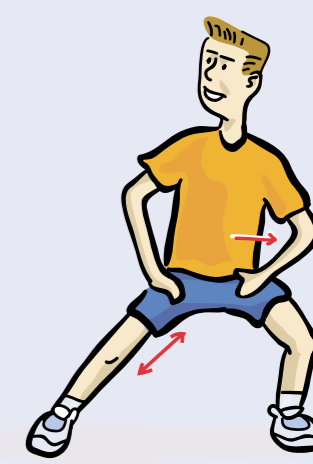


**14. Hamstring Stretch**  
(straighten leg)  
i. With foot pointed  
ii. With foot pulled back towards the knee

## Groin

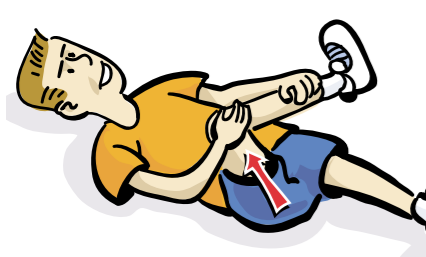


**15. Adductor stretch**  
(push down with elbows on knees very gently, keep back straight)



**16. Adductor stretch**  
(keep feet pointing forward, lunge sideways on bent knee, keep stretched leg straight)

## Gluteals



**17. Gluteal stretch**  
(pull knee and lower leg towards opposite shoulder)



**18. Gluteal and Lumbar Rotation stretch**

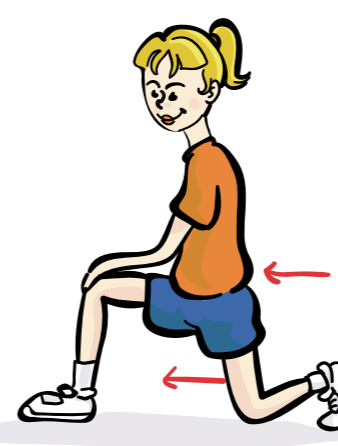
## Quadriceps and Hip Flexors



**19. Quadriceps stretch**  
(keep pelvis on floor)

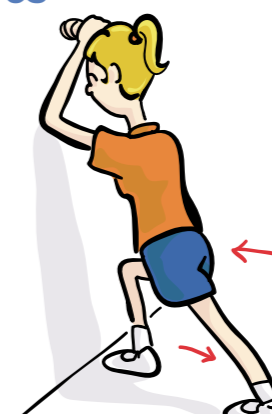


**20. Quadriceps stretch**

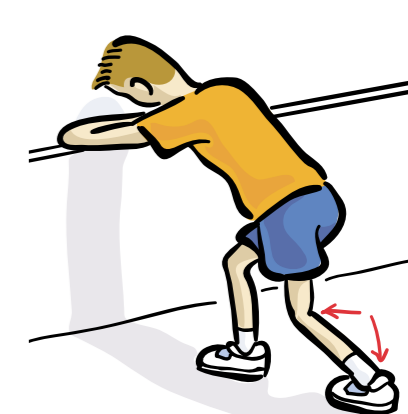


**21. Hip Flexor Stretch**  
(keep back straight, tuck bottom under, lunge forward on front leg)

## Calves



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



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