

## 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)



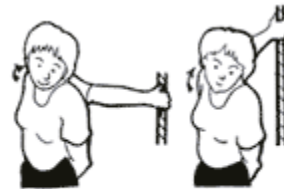
**3. Latissimus Dorsi and Posterior Deltoid Stretch**  
(link hands, push elbows together)



**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)



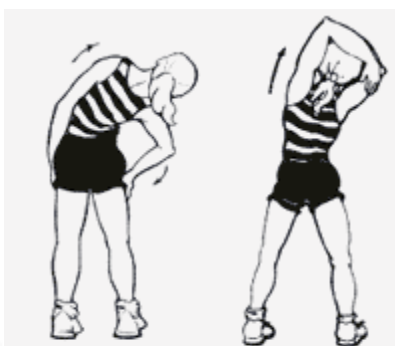
**8. Supraspinatus Stretch**  
(keep elbow parallel to ground)



**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)



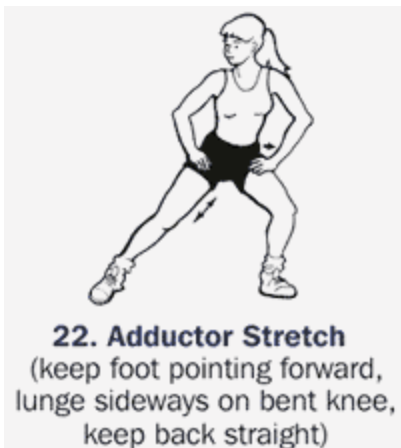
**18. Gluteal and Lumbar Rotation Stretch**



**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)



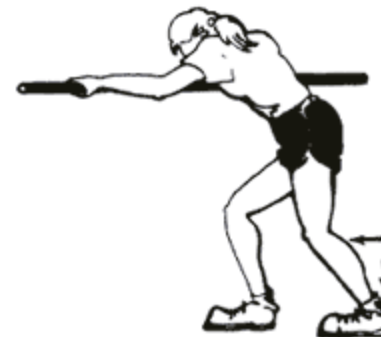
**23. Hip Flexor Stretch**  
(keep back straight, tuck bottom under, lunge forward on front leg)



**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.