

The Upper Valley Medical Center Center for Sports Medicine



Dynamic Warm-up

Dynamic Warm-up is stretching through movement that will prepare the body to engage in physical activity and sports.

The best dynamic warm-ups mimic the activity that you are about to participate in but in varying speeds and intensities with exaggerated movements

Some of the greatest benefits of a dynamic warm-up are:

- A dynamic warm-up increases your body temperature. At slightly elevated temperatures muscles are able to contract more efficiently and generate greater force.
- It primes the cardiovascular system and gets the heart and lungs ready to engage in vigorous activity. This helps to deliver oxygen to working muscles more efficiently.
- A dynamic warm up elongates muscles actively. This improves joint range of motion as well as the body's ability to handle the forces experienced during activity.
- It helps to ingrain proper movement patterns. This will in turn lead to improved technique and performance.
- The dynamic warm-up wakes up the nervous system and gets the brain communicating with the muscles, allowing your muscles to work more efficiently.

20 yards

- Light jog
- High knee tucks
- Butt kicks
- Forward lunge and twist
- Power skips
- Lateral lunge and twist
- Carioca
- Slides
- High knee cross overs
- Exaggerated backpedal
- Retro butt kickers
- Backpedal to sprint
- Build ups (jog to sprint)

Active Exercise

- Giant arm swings (5 fwd/5 back)
- Leg swings (5 each leg)
- Leg swings diagonal (5 each leg)
- Squats
- Ankle circles (10 each leg)



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Static Stretching

Static stretching can be performed by individuals as needed depending upon specific muscle tightness or soreness. Hold each stretch for 10 to 15 seconds. This hold triggers the nerve within the muscle allowing the muscle to relax allowing a beneficial stretch.

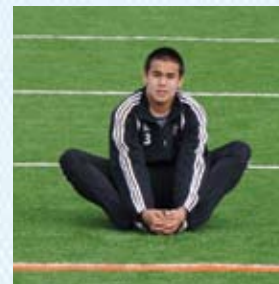
Hip/Knee – Stretching Hip Flexor

Kneeling on right knee, slowly push pelvis down while slightly arching back until stretch is felt on front of hip. Hold 15 seconds. Repeat on opposite side.



Hip/Knee – Stretching Inner Thigh/Groin

Place heels together and pull feet toward groin until stretch is felt in groin and inner thigh. Hold 15 seconds. Repeat on opposite side.



Back – Piriformis Stretch

(1) With right leg crossed in front, (2) slide other leg back. Lowering hips until stretch is felt. Repeat on opposite side.



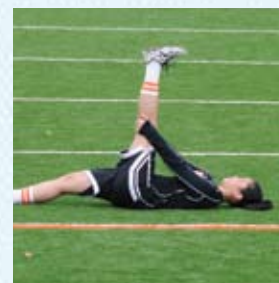
Hip/Knee – Stretch Quadriceps (Standing)

Pull right heel toward buttock until stretch is felt in front of thigh. Hold 15 seconds. Repeat on opposite side.



Hip/Knee – Stretching Hamstring

Supporting right thigh behind knee, slowly straighten knee until stretch is felt in back of thigh. Hold 15 seconds. Repeat on opposite side.



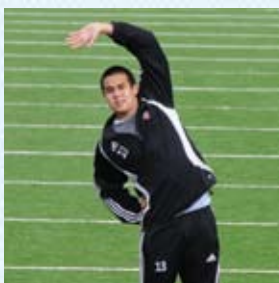
Ankle/Foot – Gastroc Stretch

Stand with right foot back, leg straight forward leg bent. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in calf. Hold 15 seconds. Repeat on opposite side.



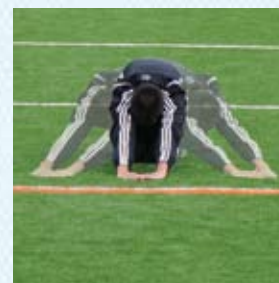
Back – Trunk Side Bend: Single Arm (Standing)

Reach over head to other side with right arm until stretch is felt. Hold 15 seconds. Repeat on opposite side.



Back – Mid-Back Rotation Stretch

Reach to each side as far as possible, keeping chest low to floor. Hold 15 seconds.



Cervical Spine – Chest/Bicep Stretch

Lace fingers behind back and squeeze shoulder blades together. Slowly raise and straighten arms. Hold 15 seconds. Repeat on opposite side.

