

SMARTPLAY

WARM UP

Warm Up

Why Warm Up?

- To increase body temperature and blood flow to muscles.
- To prepare the musculoskeletal system for exercise.
- To reduce muscle injury.

How to Warm Up

- Progress from low intensity exercise (e.g. walking) to moderate intensity exercise.
- Progress from non-specific movement activities to specific activities.
- Include activities that involve muscle groups that will be involved in your sporting activity.
- Include movement activities that encourage changes in normal range of movement.
- Warm up within your physical capabilities.
- Incorporate stretching within your warm up.

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.

Warm Down

Why Warm Down?

- To help remove waste products.
- To reduce muscle stiffness.
- To improve recovery between bouts of activity.

How to Warm Down

- 2-3 minute light jog or brisk walk immediately after activity.
- Light activity with normal range of movement exercises (e.g. walking with knee lifts).
- 5-10 minutes of light stretching (emphasise the major muscle groups you have used during your activity).

Stretching

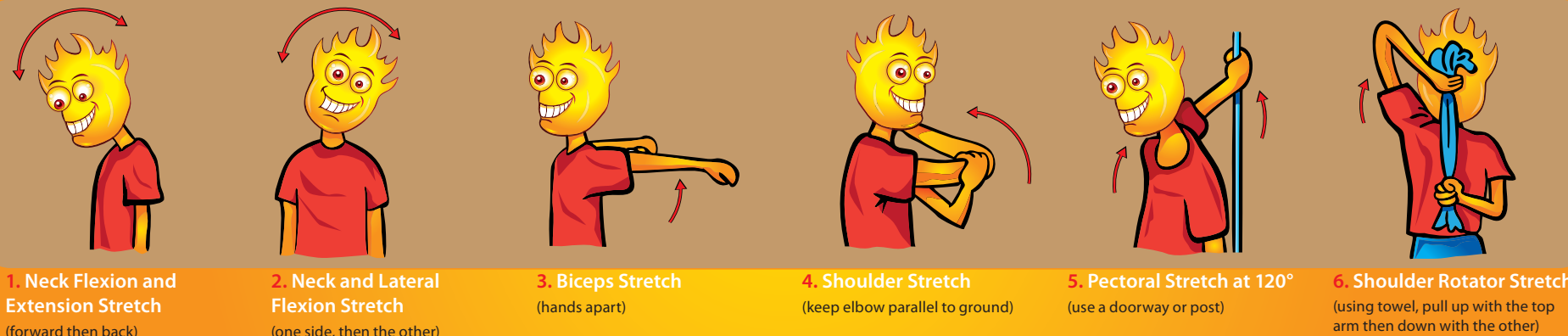
Why Stretch?

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 coordination by allowing free and easy movement.

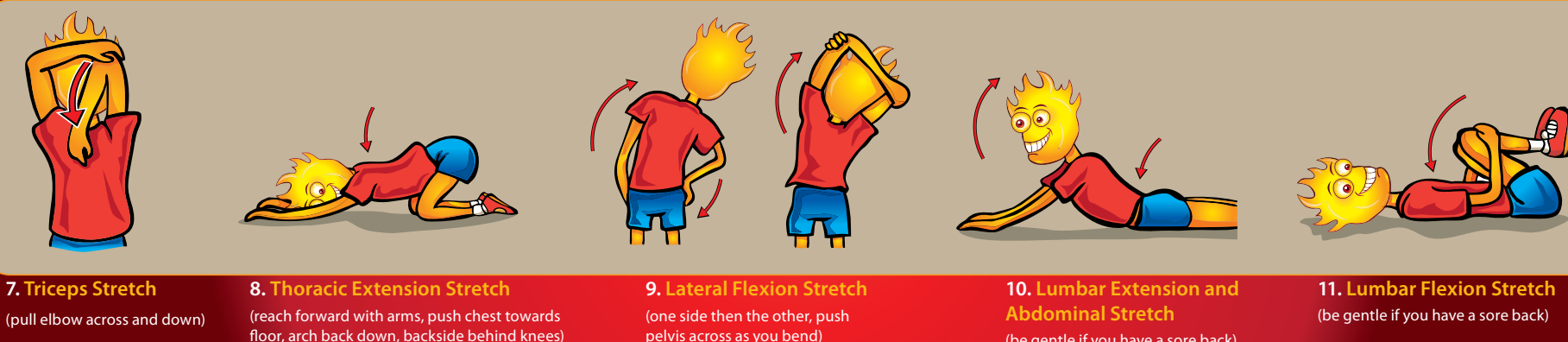


Neck

Arms, Shoulders, Wrists

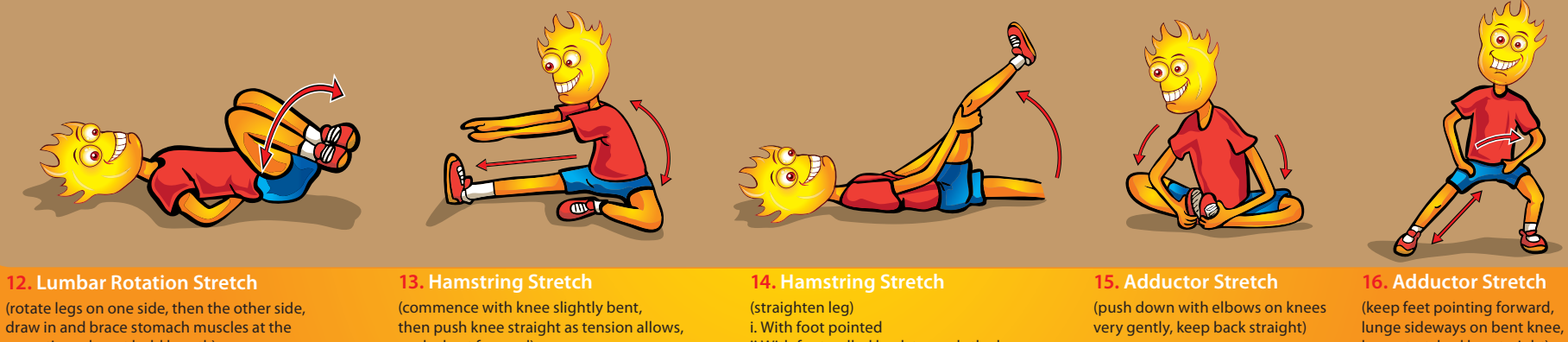


Back



Hamstrings

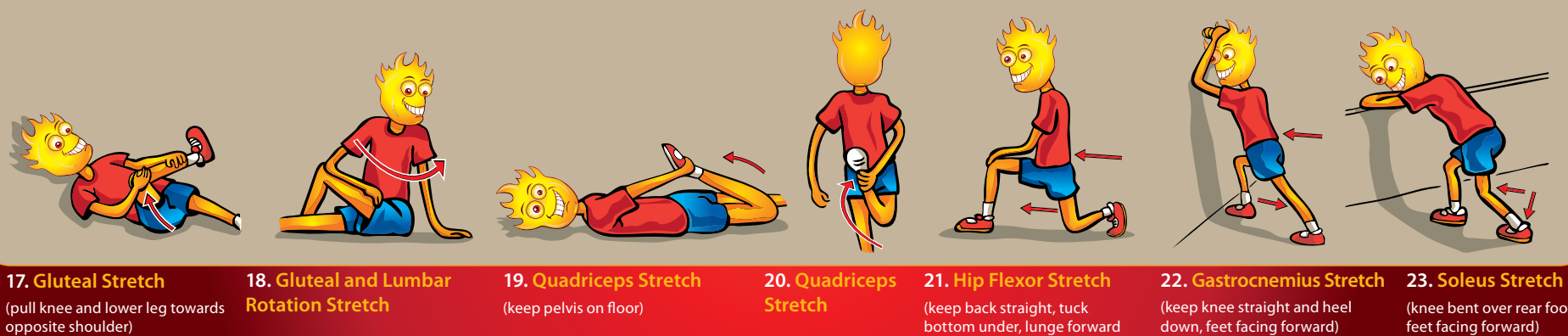
Groin



Gluteals

Quadriceps and Hip Flexors

Calves



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 to assist recovery.

Some Static 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.
- Stretch each muscle group 2-3 times.
- Do not bounce or stretch rapidly.

The stretches illustrated are aimed as an introduction to stretching. For further information about static and dynamic stretching, warming up or warming down, contact your local sports physiotherapist or sports doctor, or discuss with your accredited sporting coach.



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