**Warm Up**

Why Warm Up?
- To increase heart through-out 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-winter 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 make it easier 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 (emphasis on the major muscle groups you have used during your activity)

**Stretches**

Why Stretch?
- Warming up is a short period of a low intensity activity to raise body temperature and heart rate
- Warming up should begin with a low intensity activity such as brisk-walking or jogging
- Warming up should gradually build up and the intensity should be within your capabilities

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.

Warming up establishes 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-up, 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

For further information: Smartplay Sports Medicine Australia – Victorian Branch

Smartplay is supported by VicHealth, Sport and Recreation Victoria and Department of Human Services

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)
3. Bicep Stretch (keep elbows parallel to ground)
4. Shoulder Stretch (keep-shoulders parallel to ground)

**Arms, Shoulders, Wrists**

5. Pectoral Stretch at 120° (lay a doorway or post)
6. Shoulder Rotator Stretch (using towel, pull up with the top arm then down with the other)

**Back**

7. Tripeps Stretch (keep elbows across and down)
8. Thoracic Extension Stretch (reach forward with arms, push chest towards floor, then back down, backside behind knee)
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 (knee up on one side, then the other side, do not hold breath)
13. Hamstring stretch (knee bent over rear foot, feet facing forward)
14. Hamstring Stretch (straightening leg)
   i. With feet pointed
   ii. With feet pulled back towards the knee
15. Adductor stretch (push down with elbows on knees very gently, keep back straight)
16. Adductor stretch (keep hip pointing forward, large sideways on bent knee, keep stretching leg straight)

**Groin**

17. Gluteal stretch (pull knee and lower leg towards opposite shoulder)
18. Gluteal and Lumbar Rotation stretch
19. Quadriceps stretch (keep pelvis on floor)
20. Quadriceps stretch
21. Hip Flexor Stretch (keep lower straight and heel down, feet facing forward)
22. Gastrocnemius Stretch (keep legs straight and heel down, feet facing forward)
23. Soleus Stretch (squeezed your rear foot, feet facing forward)

**Gluteals**

24. Gluteus maximus stretch (keep knees straight)

**Quadriceps and Hip Flexors**

25. Quadriceps stretch

**Calves**

26. Calves stretch (keep knees straight)

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