

## GENERAL DYNAMIC WARM-UP

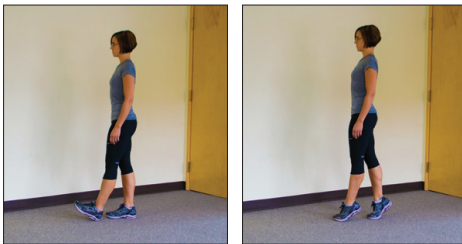
The series of dynamic activities below will help develop flexibility, balance, coordination, mobility, and strength. The time required should be no more than traditional static stretches and will be much more effective and focused on preparing your body for activity. Movements should incorporate both upper and lower extremities, progress from lower to higher intensity, and incorporate all planes of movement beginning with forward to multidirectional movements.

**Warm-up:** A full body warm-up (i.e. brisk walking, light jogging, jump rope) of approximately five minutes should precede the dynamic stretching series.

**\*\*Perform each activity for approximately 30 yards, 1-2x each\*\***

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### Heel Walk/Toe Walk



Heel Walk: Lift toes and step forward onto heel. Slowly lower foot and toes down. Alternate legs as you walk.

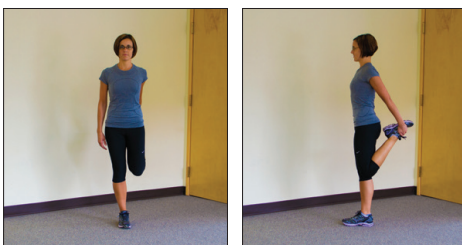
Toe Walk: Step forward and rise up onto your toes as you walk forward.

### Walking Knee Tuck



Standing on one leg, grab the knee of the opposite leg and pull toward your chest until a stretch is felt in the gluts. Keep head and chest upright. Hold stretch for 1-2 seconds. Step forward and pull knee to chest with other leg. Alternate legs as you walk forward.

### Walking Quadriceps Pull



Standing on one leg, bend the opposite knee bringing your heel toward your bottom. Grab the ankle and pull until a gentle stretch is felt in the front of the thigh. Hold stretch for 1-2 seconds. Alternate legs as you walk forward.



### Walking Hamstring Stretch



In a forward walking motion, kick one leg straight out in front of you and reach for toes with the opposite hand until a stretch is felt in the back of your thigh. Keep your back straight and roll from heel to toe on the stance leg. Alternate legs as you walk forward.

### Stretching Lunge (Hip Flexors)



Begin with feet shoulder width apart. Step forward with the left foot. Bend left knee, keeping the knee in line with the second toe of the foot. A gentle stretch should be felt in front of the right hip. Hold stretch for 1-2 seconds. Return to standing by stepping up and forward. Repeat with right foot. Alternate legs as you walk forward.

### Walking Figure 4



Standing on one leg, lift the foot of the opposite leg toward the middle of your body. Grasp the knee and foot and pull toward your chest until a stretch is felt in the gluts. Keep head and chest upright. Hold stretch for 1-2 seconds. Alternate legs as you walk forward.

### Grapevine/Carioca



Keep shoulders square, facing forward. Cross the right leg in front of the left, then step with the left to the side, cross right leg behind left, and then step left leg to the side. Continue this sequence, gradually increasing quickness but remaining in control. Shoulders and head should remain perpendicular to the direction of movement. Repeat in opposite direction.

## Injury Prevention and Rehabilitation

### Did You Know:

- Knee ligament (ACL) injury rates are 2-10 times higher in female athletes than in male athletes
- A torn ACL can sideline an athlete for 6-12 months
- Dynamic warmups have been proven to decrease injuries if done properly
- Static stretching should be done after workout

### PTs Are Experts In:

- Injury prevention
- Recognition and evaluation of athletic injuries
- Treatment and rehabilitation
- Education to athletes regarding their injuries