



# Rehab 3

# Center for Athletes



## BEFORE YOU COMPETE...WARM-UP

Coaches and athletes alike understand the importance of a proper warm-up not only for sports performance, but also for injury prevention. The opinions vary when deciding what is the most effective type of warm-up and produces the greatest results.

The traditional method of pre-event warm up is a static stretching routine. Static stretching refers to placing a prolonged stretch on a given muscle and holding it for a certain period of time (ex. sit and reach to toes, then hold for 20 seconds). The idea is that stretching to make the muscle as flexible as possible reduces the risk of injury.

Although static stretching does provide some temporary elongation of muscles and tendons, research now suggests that this type of warm-up may have no effect on decreasing the risk of injury and in some cases has been

important factor in reducing injuries and preparing the body. A dynamic warm-up challenges the athletes' core strength and body control. Therefore, it is an excellent opportunity for athletes to train their balance and coordination in a controlled environment. A dynamic warm-up will not only prepare athletes for a particular event, over time it will improve athletic performance.

The length of time for a thorough dynamic warm-up is dependent upon the type, intensity and duration of the activity for which the athlete is preparing. Sports that require quick, explosive bursts of energy will require a warm-up that incorporates quick, explosive movements. Endurance sports require slower warm-ups with a longer duration.

Static stretching is still recommended for anyone with an existing injury because of its effectiveness in increasing joint range of motion and controlling swelling. A post-practice cool-down is the perfect opportunity for athletes to incorporate static stretching and work on any body parts that might be injured or tight.



*Are you an adult athlete?*

*Train for your sport at Rehab 3 Center for Athletes*

*Golf  
Running  
Tennis  
Raquetball  
Softball*

### Goals of a Warm-Up

1. Increase body temperature
2. Increase heart rate and blood flow
3. Activate core musculature
4. Loosen muscles and joints
5. Prepare the body for activity

shown to actually decrease muscle strength and power for a period of time post-stretching. Lastly, static stretching is not sport specific. At almost no time in any sport is a muscle isolated and placed in a completely stretched position and held for more than 20 seconds.

In contrast to static stretching, dynamic warm-ups have gained popularity for several reasons. A dynamic warm-up incorporates a series of total body movements specific to the movements required by the athletes' particular sport. It engages all muscles of the body including core musculature by focusing on balance and core stability exercises. The exercises will cause an increase in body temperature by increasing heart rate and blood flow to extremities.

Studies show that increasing body temperature prior to activity may be the most

### Dynamic Warm-Up

#### SAMPLE 1

- Bike x 5 minutes
- High knee steps
- Heel to butt walks
- Straight leg kicks
- Lunge walks
- High knee jogs
- Shuffle
- Carioca
- Power skips
- Agility ladder x 5 min.

#### SAMPLE 2

- Jump rope
- Trunk rotations
- Diagonal trunk rotations
- Forward lunge
- Lateral lunge
- Medball chest pass
- Overhead medball toss
- Single leg balance throw

### Nutrition Tips:

- » Try to eat a small meal or snack that is high in carbohydrates about 60minutes before activity, i.e. yogurt, apples, bananas, and oatmeal.
- » Avoid foods higher in fat like cheese, meat, and peanut butter.
- » For endurance activities try to eat 100 - 300 calories of high carb food each hour.
- » After activity drink water or sports drink and eat foods high in carbs and protein.

**Athlete of the Month**



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