

## WARM UP and INJURY PREVENTION



- Warming up your body to participate in a sport will help prepare you for more intense exercise and it can help prevent injuries.
- Research studies have shown that performing a functional strengthening/balance/plyometric program can also help prepare you for your sport and help to prevent injuries. Consult with a qualified professional like a physical therapist to design this type of program for you.
- When performing exercises one must learn and practice proper form with correct posture, good body control, good lower extremity alignment, and soft landings.
- There are different ways to safely warm up, but below is an example that can be used:
  1. Jog at 50% speed for 3-5 minutes or until you break a sweat.
  2. Complete dynamic stretches for your body: hips in and out, toy soldier, and butt kicks. Repeat each dynamic stretch for 30-60 seconds.
  3. Perform three 20-30ft shuttle runs at 75% speed.
  4. Run forward at 75% speed for 10ft, then side shuffle right and left 5ft each way, and then run backwards to where you started. Repeat 3 times.
  5. Hop forward from one leg to the other with good technique and alternating legs 20ft and then jog back to where you started.
  6. Perform 10-20 double leg jumps with good technique.