



## SOUTHSIDE PHYSIOTHERAPY & SPORTS INJURY CENTRES

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### DYNAMIC STRETCHING

Please consult Southside Physiotherapy & Sports Injury Centre or your GP before beginning this or any other fitness program. Exercise is not without risk and may result in injury. By engaging in the following program you agree to do so at your own risk and assume all associated risks of injury.

This program is a guide for coaches and should be undertaken under their direct supervision.

Before beginning:

- Please see our BREATHING handout
- Undertake a small amount of cardio as a warm up before beginning the stretches – a few hundred metres of forwards, backwards and sideways light jogging should be sufficient

**You should aim to spend about 20 seconds on each exercise. Be sure to do the exercise on both sides.**

#### Stretch and breathe



Take a deep breath in and reach up as high as you can.

As you exhale, lower your arms and relax your shoulders.

#### Neck circles



Gently circle your head as illustrated.

Make sure you go in both a clockwise and anti-clockwise direction.

## Shoulder/arm circles



To warm up your shoulders, circle your arms forward and then backwards.

Use large circular motions and keep your arms extended.

## Shoulder sprints



Swing your arms forward and back as if you were sprinting but keep your legs still.

Allow your body to rotate as needed.

Bend your knees slightly.

Don't hunch your shoulders.

Go as hard and fast as you can.

## Upright twists



Stand with feet shoulder width apart. Keep your knees soft.

Allow your upper body to twist as you punch out to the side as illustrated. Increase the rotation slightly with each repetition.

Gradually speed up as you go and repeat on both sides.

## Roll downs

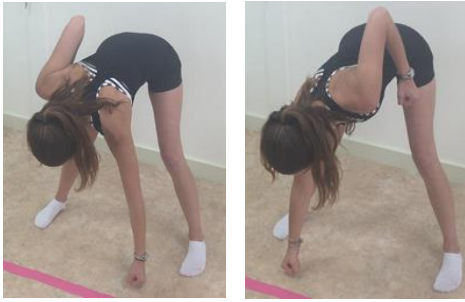


Begin with your head and slowly roll down through your spine, one vertebrae at a time.

Keep your knees soft.

Once you have rolled down as far as you can, slowly start to come up but extending your lower back first, again rolling through your spine, with your head the last part to come up.

### Bent over saw



Stand with legs wide apart.

Keep knees soft.

Allow your upper body to rotate as you punch down to the floor with one hand and pull back with the other.

Gradually speed up as you go.

### Bent over rotation and toe touch



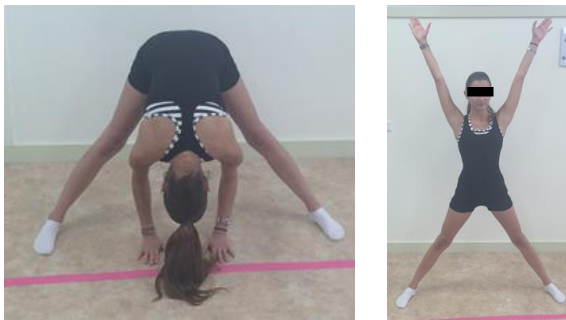
Stand with legs wide apart.

Keep knees soft.

Rotate your upper body and try to touch toe as illustrated.

Repeat to other side.

### Hands to floor



Stand with legs wide apart.

Keep knees **straight**.

Lean forward and try to put your hands on the floor, hold this position for a few seconds and then reach up to ceiling as illustrated.

### Downward dog



Position yourself in downward dog as illustrated.

Ensure that your knees are straight and heels are pressing towards the floor.

Keep your back to neck in a straight line and ensure your shoulders are pulled back (don't hunch).

### Downward dog with leg extension



Once in downward dog (as above), keep leg extended and lift as high as possible.

Repeat on opposite side.

### Cobra extension



Keeping hips flat on the floor, slowly roll up into cobra position starting with your head and lifting one vertebrae at a time. Hold for 3 seconds and then roll down, one vertebrae at a time, your head being the last part to return to the ground.

### Side stretch



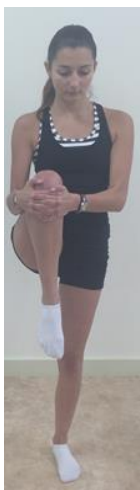
Stand with feet shoulder width apart.

Keep knees soft.

Have arm extended above head and lean over to the side as illustrated.

Ensure your arm and body remain long and that you are moving sideways, not forwards.

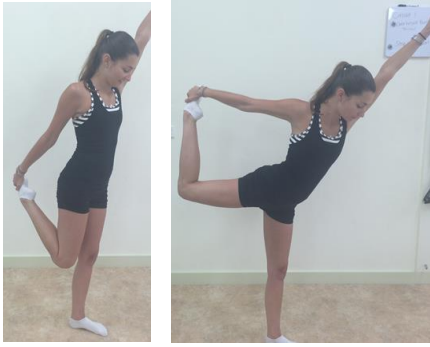
### Standing knee hug



Stand on one leg and hug knee into chest as illustrated.

Hold for 5 seconds, and then alternate.

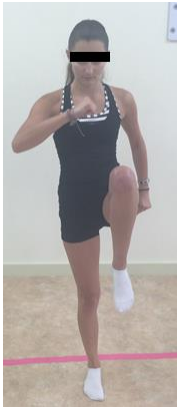
### Standing quadriceps stretch



Stand on one leg in quad stretch position. Once you have stretched your quadriceps, lean forward as illustrated to include your hip in the stretch.

Hold 5 seconds, and then alternate.

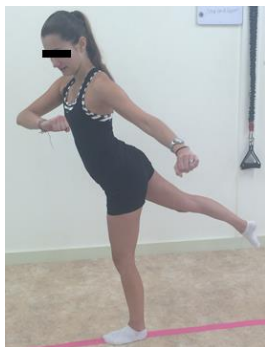
### High knees



Run on the spot with high knees.

Increase the pace as you go.

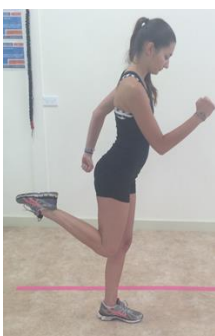
### Kick back and twist



Kick your leg back behind you and twist your body to the opposite side as illustrated.

Repeat on both sides.

### Heel – glut kick runs



Run and kick your heels towards your buttocks.

Increase the pace as you go.

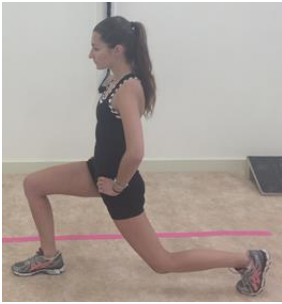
### Side lunges



Lunge to the side as illustrated.

Repeat both sides.

### Walking lunges



Lunge as illustrated.

Keep your core muscles activated and your torso up tall.

The back heel may lift off the floor.

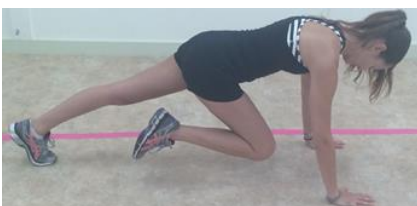
Take big strides and lunge as deep as possible.

### Walking lunges with arms



Lunge as previous, this time extend the opposite arm out in front of you as illustrated.

### Mountain climbers



Begin in plank position.

Keep both hands on the floor. Lift knee up towards chest (alternating).

Keep your core muscles activated throughout this exercise and increase the pace as you go.

### Frog jumps



Begin in plank position.

Jump feet in towards hands, then jump feet straight back out to start position. Increase the pace as you go.

## Squat – jump



Squat down as low as you can.

Spring up into a jump and reach your arms up as high as possible.

Repeat and increase the pace as you go.

## Walk to high kick – toe touch

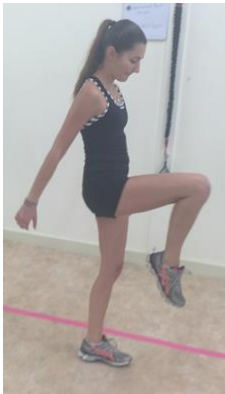


Kick your leg out in front of you as illustrated.

Keep your knee straight and try to touch your toe with the opposite hand.

As you walk forward you should alternate legs.

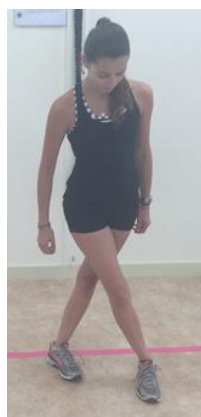
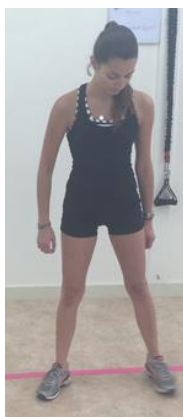
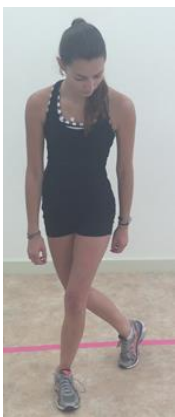
## Walk with hip mobility



As your step forward bring your knee up into your chest and then across and out towards the side.

Alternate legs with each step.

## Grapevine



Step out – across in front – out again – then across behind.

Increase the pace as you go and be sure to change directions.

## Skipping runs



Add a skip to your runs, increase the height and pace as you go.

## Fast sprint on spot

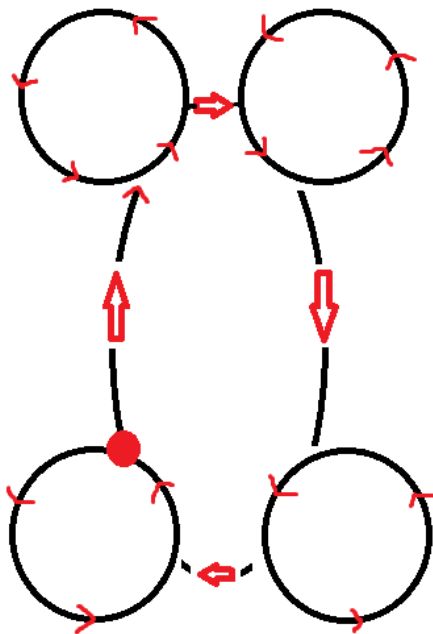


Sprint as fast as you can on the spot.

Be sure to swing your arms and lift your knees.

Increase the pace as you go.

## Circular runs with turns



Begin at red dot.

Follow directions in diagram as illustrated.

Begin in a jog and gradually increase your speed as you go.