

R2P

REHAB 2 PERFORM

What is the purpose of including dynamic mobility in your warm-up?

A dynamic warm-up is utilized to increase blood flow elevating tissue temperature and to prepare the neuromuscular system for activity while decreasing risk of injury. A proper warm-up should take place 5-15 minutes before any exercise program. Dynamic mobility involves taking a muscle, surrounding soft tissue and a given joint through its full range of motion, while performing a movement pattern relevant to your given activity. Below are four key movements to incorporate into your warm-up stretches. *They provide dynamic stretching of the soft tissue while also forcing you to work on single leg stance balance and strength which is essential in running efficiency and injury prevention!* Perform each stretch for a 10 yard distance, taking steps in between each repetition to allow for the opposite leg to be stretched on the next repetition.



- 1) Walking toe touch
 - a) Stretches the hamstrings
 - b) Keep knee of stance leg in a fixed position (may be bent slightly for comfort) and back in a neutral position
 - c) Elevate back leg as if trying to touch something behind you as you reach down for toes
- 2) Heel to butt stretch
 - a) Stretches quads and hip flexors
 - b) Stand tall and pull heel up towards your backside. You may use either hand to perform this, but alternate every other workout which hand you use.
 - c) To increase difficulty, reach forward with your opposite hand and allow yourself to bend forward at the hip slightly
- 3) Figure 4 stretch
 - a) Stretches glutes and lower back
 - b) Place outside of ankle on top of other thigh.
 - c) Reach either forwards or towards the ground as far as comfortable
- 4) Knee to chest
 - a) Stretches glutes and upper hamstrings
 - b) Standing tall, pull your knee to your chest (it may track slightly to the outside and that is okay)

*****The easiest way to incorporate these into your running routine is to perform each one for 10 yards over a distance of 40 yards immediately before you begin your run******

