

INJURY PREVENTION **AND THE ATHLETE:** WARMING UP

WHY ARE REST/RECOVERY IMPORTANT?

A proper warm-up prior to activity helps improve performance by increasing your core temperature, improving your metabolism, preparing your muscles and joints for movement, fine-tuning your nervous system for activity and sharpening your mental focus. A proper warm-up can also help decrease your risk of injuries.

AREAS OF FOCUS



Progressively increase range of motion and prepare joints and tissues for activity by foam rolling, using body weight resistance or the resistance of mini bands.



Improve movement skills by coordinating movement patterns along multiple planes. Instead of working a single muscle or joint, focus on how they work together during running, starting and stopping and changing directions.



Use continuous, generalized motions to increase core body temperature, promote circulation and stimulate metabolic pathways for burning fuel during exercise.



Practice activities that are engaging, fun, relatable to your sport or activity – and that build up to being reactive in nature. Focus on developing a sharp mindset for your activity.



Use sport-specific skills as part of a progressive warm-up, breaking them down into slower and simplified movements before gradually increasing speed and completing your sport skills.

WARM-UP CHECKLIST

- Gradually increase intensity** during your warm-up: recruit muscles, actively work them through a full range of motion, use coordinated movements along various planes, and then gradually increase intensity.
- A comprehensive warm-up** should last at least 8 to 10 minutes prior to activity. This should include preparing tissues and joints for dynamic movements like jogging, shuffling, running mechanics and modified sports skills.
- Avoid a long rest** after you have warmed up. After 15 minutes of inactivity, such as during a halftime or a substitution, perform progressively increasing levels of movement prior to restarting your activity.
- Wearing added clothing** can help maintain muscle temperature during and after warm-ups, especially in cooler temperatures.
- Warm-ups should match demands of your activity** and prepare your body for training, practice or competition. If you throw, kick, swing, shoot, sprint, jump or tackle in your sport, make sure those elements are included in your warm-up.

HOW PROVIDENCE CAN HELP

Providence Sports Medicine physical therapists and athletic trainers are here to help you. Schedule an appointment by calling **503-29-SPORT**.

To learn more about Providence Sports Medicine, visit ProvidenceOregon.org/sportsmedicine

