

HELP PREVENT INJURIES

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Several things to know about exercise, the body and injuries.

Know the difference between warmups and stretches: [best way to work out]

Do a Workout in this order:

Warm ups - Gets fluid moving in the body

Stretches- Work the muscles

Exercise - Works the muscle out by strengthening and fatigue.

Stretch again - This adds flexibility and range of motion

- Neither the Static or the Bolistic stretches are that good for working a muscle.
- Static stretches: hold the muscle in a position for a length of time
- Bolistic stretches: bounce the muscle

Exercises to Help Prevent Injuries

Warm-up-Gentle

- Wiggle fingers = Wiggle toes
- Move hands back and forth and in circle = Move ankle up and down and in circle
- Bend elbows = Move knee slowly up and down
- Rotate shoulder = Bring knee to chest - slowly
- Bend legs and rest one foot on top of opposite knee = Let leg drop to side and rotate at the hip in circle motion-reverse
- Gently move back by slowly stretching legs, toes, hands and arms = like a cat.

Stretches

To stretch legs effectively lye down face up with legs straight out on the floor. Lift one leg up until you feel a gentle pull, then release leg back to floor.

Calf or lower leg stretch. It is more effective to stretch lower leg before stretching upper leg.

1. Lie on floor
2. Bend one knee
3. Hold leg at thigh
4. Lift lower leg straight up until you feel a little pull
5. Count one - one thousand, two – one thousand, three – one thousand
6. Bring leg to bending position

Do this six to ten times. This is very important to allow your muscle to stretch instead of tear.

Upper Leg:

1. Lye on floor
2. Bend one leg and keep one straight
3. With straight leg bring up as high and straight as you can
4. Gently pull leg toward chest keeping knee straight until you feel a little pull
5. Count one - one thousand, two – one thousand, three – one thousand
6. Bring leg all the way back down to floor

Do this six to ten times.

The above stretches were designed by **Aaron Mattes**. If you are interested in more of his techniques to increase range of motion, flexibility and injury prevention please contact the person who gave you this information.

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