



## The Focus Physical Therapy Dynamic Warm-up & Cool-down

### The “old” paradigm...

“Stretching”, ie trying to lengthen muscles statically in isolation is the old paradigm... less effective... greater risk of injury... requires more time... doesn’t warm your body tissues or prepare your neuromuscular system...

### The “new” paradigm, and the Focus PT program...

- The dynamically moving warm-up...
- A more focused, sport-specific approach will successfully prepare the muscles you use for sports...
- Can be combined with “active” or PNF type stretching...

***Remember: If your muscles are tight, right before/after a race is NOT the best time to work on them!!! Save stretching for later, work on your sport specific warm-up and have a better, faster, more enjoyable race!***

### The Focused Running Warm-up

10-15 minutes, 3-4 reps of each, gradually increasing speed, agility, and “lightness”... if weather permits, don’t wear shoes!

1. Gradually raise your body temp 5-10 degrees... slow jog, mini tramp etc.
2. Lunge Walk
3. High Knee Lift – support leg performs a heel raise
4. Elbow to inside of ankle lunge – elbow on same side as forward leg
5. Calf Walk – vary the calf angle
6. Sideways, forwards and backwards skipping/shuffle running
7. Simulated running arms- seated (ball/bosu) or standing(BOSU/mini tramp)
8. Leg drives: with a partner- leaning into each other, bring one bent leg up, thigh parallel, drive down and back and return to start- 3-4 reps each leg...
9. Leg cycling- same as above but “cycle” the leg back up...
10. Rhythm bounding- short distance “runs”, using the springs of your ankles- add a “dorsiflexion lift” by bringing the toes up when in the air

#### Warning:

Sport training can result in serious or fatal injury. Risk of injury can be lessened when safe techniques and common sense are practiced. Do not exercise without proper instruction or supervision, or without first consulting your physician. Focus Physical Therapy, Inc. is not responsible for any injuries sustained as a result of inappropriate or incorrect performance of these exercises. The therapists of Focus Physical Therapy, Inc. are available by appointment for evaluation and treatment if you have difficulty or questions regarding the following program.

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