

Getting “in motion” Safely

Christine Johnston BA, CSCS, CATC – Athletic Therapist, Strength & Conditioning Coach

Christine.johnston@shaw.ca, <http://balancewellnesscenter.ca/>

Example Warm-Up:

Begin the warm up with a walk, jog, step ups, skipping for 2 minutes

You can also perform core exercises during warm up

Continue with gentle static stretches (some prefer to do this in the cool down)

10 shoulder rolls with knee bends, 10 arm circular swings forward with knee bends, 10 arm circular swings backward with knee bends, 20 squats, 10 lunges with twits, 10 high knees switching legs, 10 butt kicks, 10 leg swings

Example Cool-Down:

Reverse from your warm-up

Walk or jog or step ups for 2 minutes at a decreasing pace

Continued with some static stretching of large muscle groups used during activity

Run 3 laps, Jog 2 laps, Walk 1 lap, Lung walk 1 lap, 3 steps and stretch

Ice vs. Heat = Ice is for first few days after injury happens, should be applied for 10 minutes

Heat is for more long term injuries, should also be applied for 10 minutes

PIER principle:

P =pressure – to close boundaries,

I = ice – apply for 10 minutes,

E = elevation – decrease blood pooling to area of injury,

R = rest/recovery – active recovery listening to your body

Flexibility: to gain flexibility, hold the stretch for 20 seconds, repeat 3 times per side

Foam Rollers: good tool to roll out your muscles, like a deep tissue massage, flushes out the muscles while elongated

Quick Tips – Getting “in motion” safely!

1. Proper conditioning
2. Education & Understanding
3. Proper Equipment
4. Strength versus Stretch ratio
5. Hydration

Resources

Canadian Athletic Therapists Association - <http://www.athletictherapy.org/en/index.aspx>

Manitoba Athletic Therapy Association - http://www.mata.mb.ca/athletic_therapy_manitoba.htm

Massage Therapy Association of Manitoba - <http://www.mtam.mb.ca/>

Canadian Chiropractic Association - <http://www.chiropracticcanada.ca/en-us/home.aspx>