

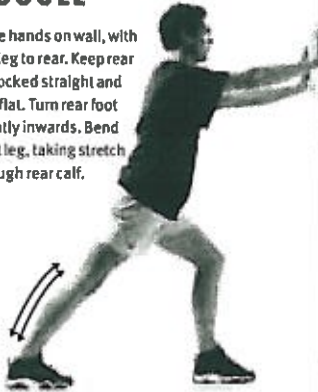
STRETCHING EXERCISES

-----> Movement to get stretch

⇌ Area being stretched

LONG CALF MUSCLE

Place hands on wall, with one leg to rear. Keep rear leg locked straight and foot flat. Turn rear foot slightly inwards. Bend front leg, taking stretch through rear calf.



SHORT CALF MUSCLE

Place hands on wall taking weight through rear leg. Turn rear foot slightly inwards and keep the heel flat. Bend rear knee forward over rear foot.



Place foot on a raised surface. Stand with supporting foot turned slightly inwards. Bend supporting knee. Keep back straight.



FRONT THIGH

Pull heel towards buttock. Keep back straight, knees together and in line.



TRUNK SIDE FLEXORS

Stand with feet comfortably apart. Fold arms above head. Bend to the side slowly. Stretch up with upper elbow.



PECTORALS

Stand side-on to a wall or pole with closest leg forward. Place forearm on wall with shoulder slightly above 90°. Turn upper body away from wall or pole.



TRICEPS STRETCH

Place hand between shoulder blades. Place opposite hand on elbow. Pull elbow towards midline with help from opposite hand.



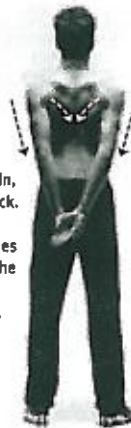
Kneel on ground with front knee at 90°. With the back straight, tuck the pelvis back by tucking the abdomen up and in and squeezing buttocks. Keep head up.

HIP FLEXOR



SHOULDER CHEST

Stand with head up, chin in, hands clasped behind back. Pull shoulders down and back. Press shoulder blades together and down. Pull the stomach in to prevent arching of the lower back.

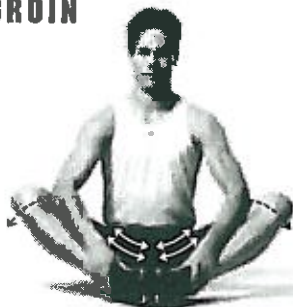


LOWER BACK



Lie with hands behind head, arms flat. Bend hips and knees to 90°. Feet together. Roll knees over to ground. Upper knee should be directly above lower knee.

GROIN



Sit on floor with back straight. Grasp the ankles and draw them towards groin. Use the elbows to apply a gradual downward and outward pressure on the knees.

BUTTOCK



Gluteals - Lie on back with both hands around one knee. Pull knee towards opposite shoulder. Keep head, shoulder and opposite leg relaxed.

Warm-ups - Lie on back and hold knee to chest. Pull knee and ankle towards opposite shoulder.

For more information on warm-up, cool-down and stretch, contact: the relevant sports organisation or SPARC (Sport and Recreation New Zealand): www.sparc.org.nz

THE 10-POINT ACTION PLAN FOR SPORTS INJURY PREVENTION

1

SCREENING

2

WARM-UP, COOL-DOWN AND STRETCH

3

PHYSICAL CONDITIONING

4

TECHNIQUE

5

FAIR PLAY

6

PROTECTIVE EQUIPMENT

7

HYDRATION AND NUTRITION

8

INJURY REPORTING

9

ENVIRONMENT

10

INJURY MANAGEMENT