

Dynamic Stretching

To be successful in their sport, athletes need to have adequate range of motion to perform their activity, so functional range of motion is more important than flexibility.

There are many reasons given for stretching; most are myths. Stretching does not prevent injury or improve performance, but does hold importance for those already on the injured list. In comparison, a proper warm up does prevent injury and most importantly has been shown to improve performance. So, your time is best spent warming up the muscles rather than stretching before activity. Dynamic warm up activities, utilizing the muscles to be challenged in your workout or race, will improve your performance and give you the most benefit for your time.

Here is an example of a dynamic warm up

Have a system that works for you. Typically, I start at the bottom and work my way up. Each of these movements should not be forced. Let your body move relaxed through your normal range. Perform 10 reps of each.

1. Ankle Circles



2. Hip Swings – forward and back



3. Hip Swings – side to side



4. High Knees



5. Butt Kicks



6. Squats



7. Torso Twists – arms in

8. Torso Twists – arms out



9. Shoulder Circles

