



## Warm-ups & Cool-downs

***Warm-ups and Cool-downs are critical parts of training and playing sport. Always allow about 10 minutes pre- and post-game/training.***

- the purpose of the *warm-up* is to allow the athlete to prepare for an increased level of activity
- stretching must always be included in all training and playing – usually dynamic stretching in your *warm-up* and some static stretching in your *cool-down*
- warming up muscles and joints before all sports may help reduce the risk of injury
- *warm-up* helps prepare mentally and also stimulates neuro-muscular firing patterns, assisting coordination
- *warm-up* prepares joints/ligaments for full ranges of movement, so the limbs can move more efficiently when increased loading occurs during training or the game
- *warm-ups* typically consist of 5-10 minutes of cardio e.g. running, skipping or cycling followed by dynamic stretching and specific drills
- *cool-downs* after games encourage drainage of lactic acid from the muscles and minimise delayed onset of muscular soreness (DOMs)
- *cool-downs* usually involve light stretching of the major muscle groups for 5-10 mins in total



***A good example of a Warm-up Program is available on our website under “Dynamic Stretching”***

**Please note: this information should serve as a guide only. When in doubt always seek advice from Southside Physiotherapy & Sports Injury Centre or your GP.**