MFLL

WARM UP & STRETCHING PROGRAM

Roger Caplinger, ATC/LAT
Director—Medical Operations
Milwaukee Brewers Baseball Club
TEACHING CHILDREN HOW TO TAKE CARE OF THEIR BODIES

STRETCHING HAS CUMULATIVE EFFECT

CONTINUE TO REINFORCE GOOD HABITS

LIFE LESSONS
GENERAL WARM UP
DYNAMIC WARM UP
STATIC STRETCHING
SPORT SPECIFIC WARM UP
INCREASE BODY’S CORE TEMPERATURE

INCREASE BODY’S MUSCLE TEMPERATURE

INCREASING HEART RATE AND RESPIRATORY RATE

THIS INCREASES BLOOD FLOW THUS INCREASES DELIVERY OF OXYGEN & NUTRIENTS TO MUSCLES
BONFERRONNI POST HOC:

REVEALED THAT A GENERAL WARM-UP AND A GENERAL WARM-UP WITH DYNAMIC STRETCHING POSTED THE GREATEST GAINS AMONG ALL INTERVENTIONS. ON THE OTHER HAND, NO WARM-UP AND PASSIVE STATIC STRETCHING DISPLAYED THE LEAST RESULTS IN COUNTERMOVEMENT JUMP PERFORMANCE. IN CONCLUSION, COUNTERMOVEMENT JUMP PERFORMANCE PRECEDED BY A GENERAL WARM-UP OR A GENERAL WARM-UP WITH DYNAMIC STRETCHING POSTED SUPERIOR GAINS IN COUNTERMOVEMENT JUMP PERFORMANCE
EFFECTS OF A 4-WEEK YOUTH BASEBALL CONDITIONING PROGRAM ON THROWING VELOCITY

FLEISING, ET. ALL

THESE RESULTS DEMONSTRATE THAT THE SHORT-TERM 4-WEEK BASEBALL CONDITIONING PROGRAM WAS EFFECTIVE IN INCREASING THROWING VELOCITY IN YOUTH BASEBALL PLAYERS. INCREASED THROWING VELOCITY MAY BE HELPFUL FOR PITCHERS (LESS TIME FOR HITTERS TO SWING) AND POSITION PLAYERS (DECREASED TIME FOR A RUNNER TO ADVANCE TO THE NEXT BASE).
A REVIEW OF THE ACUTE EFFECTS OF STATIC AND DYNAMIC STRETCHING ON PERFORMANCE.

BEHM DG, CHAOUACHI A.

SCHOOL OF HUMAN KINETICS AND RECREATION, MEMORIAL UNIVERSITY OF NEWFOUNDLAND, ST. JOHN'S, NF, A1C 5S7, CANADA. DBEHM@MUN.CA

GENERALLY, A WARM-UP TO MINIMIZE IMPAIRMENTS AND ENHANCE PERFORMANCE SHOULD BE COMPOSED OF A SUBMAXIMAL INTENSITY AEROBIC ACTIVITY FOLLOWED BY LARGE AMPLITUDE DYNAMIC STRETCHING AND THEN COMPLETED WITH SPORT-SPECIFIC DYNAMIC ACTIVITIES.
ARTICLES:

WARM-UP AND STRETCHING IN THE PREVENTION OF MUSCULAR INJURY.

WOODS K, BISHOP P, JONES E.

SOURCE

HUMAN PERFORMANCE LABORATORY, UNIVERSITY OF ALABAMA, TUSCALOOSA, ALABAMA, USA. WOODS021@BAMA.UA.EDU

INJURIES TO SKELETAL MUSCLE REPRESENT >30% OF THE INJURIES SEEN IN SPORTS MEDICINE CLINICS. AS A RESULT, A WARM-UP AND STRETCHING PROTOCOL SHOULD BE IMPLEMENTED PRIOR TO PHYSICAL ACTIVITY. THE ROUTINE SHOULD ALLOW THE STRETCHING PROTOCOL TO OCCUR WITHIN THE 15 MINUTES IMMEDIATELY PRIOR TO THE ACTIVITY IN ORDER TO RECEIVE THE MOST BENEFIT.
DO ALL OF YOUR INSTRUCTION PRESENTATION PRIOR TO WARMING UP!!!!!!!!!!!!!!!
GENERAL WARM UP

JOGGING AROUND THE FIELD OR TO CENTER FIELD
DYNAMIC WARM UP

HIGH KNEES
DYNAMIC WARM UP

BUTT WACKERS
DYNAMIC WARM UP

HURDLE WALKS
DYNAMIC WARM UP

SIDE SHUFFLES
DYNAMIC WARM UP

KNEE TO CHEST WALKS
DYNAMIC WARM UP

WALKING TOE TOUCHES
DYNAMIC WARM UP

WALKING LEG KICKS
DYNAMIC WARM UP

CARIOCAS
STATIC STRETCHING—UPPER BODY

ARM CIRCLES (BIG & SMALL)

BIG

SMALL
STATIC STRETCHING—UPPER BODY

SHOULDER ACROSS BODY (KEEP LOW)
STATIC STRETCHING—UPPER BODY

TRICEP
STATIC STRETCHING—UPPER BODY
FOREARM
STATIC STRETCHING—TRUNK/LOWER BODY

TRUNK ROTATIONS    MID & LOW BACK
STATIC STRETCHING—TRUNK/LOWER BODY

GROIN (SIDE TO SIDE)
STATIC STRETCHING—TRUNK/LOWER BODY

HIP FLEXOR
STATIC STRETCHING—TRUNK/LOWER BODY

HURLDER

HAMSTRING
HIP & LOW BACK
STATIC STRETCHING—TRUNK/LOWER BODY

KNEE TO CHEST—STRAIGHTEN LEG
HAMSTRING
STATIC STRETCHING—TRUNK/LOWER BODY

QUADRICEP
STATIC STRETCHING—TRUNK/LOWER BODY

CALF/ACHILLES
SPORT SPECIFIC

BASERUNNING

OUTFIELD DRILLS

RELAYS/CUT-OFFS
THANK YOU