



Centers for  
Orthopaedics  
*Experience in Motion*

33 Sewall Street  
Portland, ME 04102  
(207) 828-2100

[www.orthoassociates.com](http://www.orthoassociates.com)

OA, PA

## ***THE WARM-UP***

### **Dynamic warm-up and flexibility**

Flexibility is a key component to athletic performance enhancement and injury prevention. By being able to move more freely and efficiently, the body is always in a better position to respond to the next task.

As with every aspect of your training program, you should maintain an awareness of your body position and mechanics while performing every repetition of every exercise. An increased cognizance of how your body moves during controlled activity has tremendous carryover to athletic participation.

### **Finger floor touches**

Stand with feet a little wider than hip width apart and feet slightly pointed outwards. Keeping back straight, go down and try to touch the floor with your fingertips while keeping your feet flat on the floor. Exhale while you reach and inhale upon your return. Make sure to have knee travel in a straight line towards the second toe at all times. Perform 10 repetitions.

### **Palm floor touches**

Stand with feet a little wider than hip width apart and feet slightly pointed outwards. Keeping back straight, go down and try to touch the floor with your palms while keeping your feet flat on the floor. Exhale while you reach and inhale upon your return. Make sure to have knee travel in a straight line towards the second toe at all times. Perform 10 repetitions.

### **Leg swings**

Standing on left leg with right leg suspended and right hand on your hip, swing your right leg while counter swinging your left arm. Perform 10 times on each side.

### ***Knee to chest***

Standing, grasp one knee with both hands and bring it towards your chest. Lower and repeat on the opposite side. Go up onto the toes of the opposite foot while grasping leg as able. 10-15 on each side.

### **Lunging with torso twists**

Starting in a standing position with arms crossed out in front at shoulder height, step forward onto your right in a large step position. Making sure to keep front foot planted, drop back knee towards the ground while rotating body to the right. Pushing off from the right foot, return to starting position and then immediately perform the same on the left side. Repeat 10 times on each side.



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### **Leg grabs**

Grasp one leg at the knee and ankle and pull it towards you while walking, then repeat the same on the opposite side. 10-15 grabs on each side.

### **Resisted running**

Stand facing a wall with feet about 3 feet from the wall. Lean forward into the wall so both hands are on the wall at shoulder height. Roll through one foot and then the other like you are running, driving the opposite knee towards your chest. The landing through the foot should be toe to heel and push off should be heel to toe. Perform for 2 sets of 30 seconds.

### **Diagonal chops**

Standing with feet a little wider than hip width apart and hands clasped out in front of you. While looking at your hands and leading with your thumbs, bring your arms and your trunk up overhead to the right and then down to the left foot. Repeat 10 times on each side.

### **Semi-squat trunk rotations**

Stand in a semi-squat position with heels planted and arms clasped out in front of you. Slowly rotate your trunk to one side while leading with the thumbs and then the other. Make sure head continues to rotate as well when performing. 10-15 times each side.