

DYNAMIC WARM-UP

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Dynamic warm-up is a concept that has been creeping into the sport world of Canada. The concept of dynamic warm-up has been around for several decades, but now more athletes are performing this warm-up routine to enhance their performance. This style of warm-up helps athletes to better prepare mentally and physically for the needs of their sport.

The typical warm-up approach has been to jog a few laps to help increase body core temperature followed by static stretching that lasts for a total of 30-40 minutes. The concern with this concept is that while the athlete is stretching the body core temperature falls back to pre-warm-up levels leaving the athlete not adequately warmed-up and thus becoming more susceptible to injury.

Static stretching is an important activity to perform to increase length of muscle tissue and therefore increasing flexibility. However, this particular type of warm-up does not allow the body to increase in core temperature; it dampens neurological performance; does not allow the body to go through functional range and does not allow for the athlete to meet the needs of their sport.

Dynamic warm-up is a warm-up that is designed to be more dynamic in nature, a more focused and specific routine to

the individual's sport. The warm-up is designed to warm up the athletic in a manner specific to the activity to follow. In this way specific neuromuscular patterning will be switched on and specific, functional range of movement is developed. Not only does it increase functional range of motion for an athlete, it also increases joint stability.

Proper dynamic warm-up consists of a 5-10 min cardiovascular (CV) warm-up with running being the typical choice. Running is highly sports specific for a variety of sports. Following the CV warm-up, the athlete then performs a series of sport specific movement patterns which thereafter continues into to a higher pace of movement. Such movements can consist of arm circles, trunk rotations, walking lunges, high knees, step-overs, scorpions, elbow to opposite high knee, calf toe raise, heel kicks, rapid high knees, x-over steps, and progressive accelerations. After completing the series of movement patterns the athlete finalizes the warm-up with sport specific drills and movement patterns such as a hitting drill that may be used in volleyball.

It is still worthy of noting that static flexibility is very important for an individual to complete but it is to be done after the work out or post-

competition. Static stretching should be held for 20-30 seconds and repeated 2-3 times to allow for increase in flexibility gains.

By completing this style of warm-up the athlete has an increased opportunity to perform closer to their potential and decrease the risk of injury that may be directly caused by an inadequate warm-up.



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