

STRETCHING EXERCISES

Static Stretching Routine (Standing Position), for Warm-Up and Cool-Down

POINTS TO KEEP IN MIND

- Static = hold position for 15-20 seconds. Do not “over-stretch” to the point of pain. Mild, comfortable, easy tension is enough.
- Repeat stretch twice each side, alternating left and right sides. First stretch should be gentle, while the second stretch should be slightly tighter than the first stretch (increase stretch with slightly more muscle tension).
- Do not hold your breath during a stretch. Breathe deep and slow. Try to relax the muscle (decrease muscle tension) slightly as you breathe in through the nose, and stretch the muscle (increase muscle tension) slowly as you breathe out through your mouth.

GENERAL ADVICE REGARDING WARM-UP STRETCHING

To promote increased blood circulation from the core (trunk) toward the upper & lower extremities (arms & legs) in preparation for physical training, it is recommended that you stretch in sequence from “top-to-bottom” (neck-toward-fingers for your arms, or hip-toward-toes for your legs). It is also recommended that you perform your warm-up stretching routine in a balanced standing position, to prepare your legs (muscles, joints, and nervous system) for vigorous weight-bearing activities. When you perform a warm-up stretch in a single-leg stance, it is recommended that you hold on to something (like a wall or fence), or someone (like your training partner), to maintain your body balance and proper posture.

You must combine static stretching with dynamic stretching (mobility exercises) as part of your regular warm-up, before any training or match, to maximize your physical preparation.

GENERAL ADVICE REGARDING COOL-DOWN STRETCHING

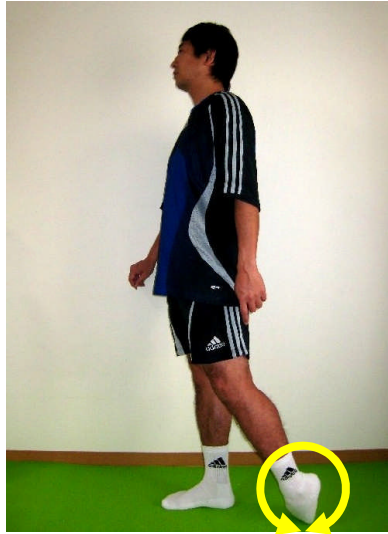
To return the blood quickly (along with lactic acid and any other unwanted physiological by-products from physical training) from the upper & lower extremities (arms & legs) back toward the core (trunk), it is recommended that you stretch in sequence from “bottom-to-top” (toes-to-head). It is also recommended that you perform your cool-down stretching routine in a relaxed, sitting or lying down position, to remove stress from your legs (muscles and joints) in a non-weight-bearing condition (please refer to a separate PDF file, for “sitting position”). However, if a training ground is not suited for stretching in a sitting or lying down position (i.e. the ground is wet from poor weather conditions), then perform your static stretching routine in a balanced standing position, but in reverse order of the warm-up sequence (head-to-toes for a warm-up, toes-to-head for a cool-down). If the weather is poor (cold, windy, rainy, etc.), then perform your cool-down stretching routine in a sheltered location under a roof, or in a locker room.

ROUTINE

Stretching routine shown in this document is a minimum requirement. There are many other forms or methods of stretching, and you are free to add/modify your own routine as necessary, but we recommend that you at least incorporate the following stretches into your routine.

Please note that the sequence shown in this document is in a “toes-to-head” direction.

1) Ankle flexibility & relaxation, shin stretch



2) Lower calf & Achilles tendon stretch



3) Upper calf stretch (standing, or leaning forward, on the ground or against the wall/fence)



4) Thigh [hamstring] stretch (standing or kneeling)



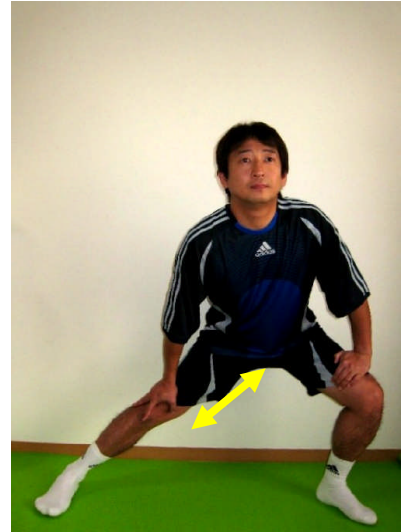
Thigh [hamstring] stretch, optional (e.g. right hand on right toe, left hand on right toe)



5) Thigh [quadriceps] stretch



6) Hip adductor stretch



7) Hip abductor stretch (right arm up, right leg front OR left leg in front)



8) Hip flexor [Iliopsoas] stretch (straight forward, twisting)



g) Trunk stretch (lower back & abdomen)



Trunk stretch (upper back, chest)



Trunk stretch (straight up, lateral flexion right-left)



10) Wrist & forearm stretch



11) Shoulder stretch (forward, overhead + external rotation)



Shoulder stretch (behind back + internal rotation)



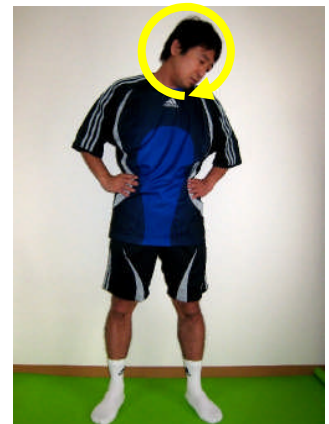
12) Neck stretch (forward, lateral tilt right-left, rotation right-left)



13) Neck active range of motion (up-down, lateral tilt right-left)



Neck active range of motion (twist right-left, rotation right-left)



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