

## MIDDLEBURY COLLEGE

### SPORTS MEDICINE

#### Dynamic Stretching

1. Complete each Dynamic stretch in a slow controlled movements
2. Do several repetitions of 30 seconds each at your own pace
3. Stop if you get tired so you still have energy for your workout

#### Leg Lift March

Slowly lift your leg straight out in front of you, alternation as you walk with your normal stride length.

#### Knee Lifts

As you are jogging or walking, bring your knees up towards your chest. Repeat on each side as you jog or walk.

#### Butt Kicks

As you jog or walk, bend one knee and lift it behind you as if you were trying to kick yourself in the butt. Repeat on each side as you jog or walk.

#### Walking Toe Touches

Stand with one foot slightly ahead of the other foot, knee slightly bent. Lift toes off ground on forward foot and as you bend at the waist reach for toes, slightly bending your opposite knee. Return to upright position and shift your weight forward in a walking motion. Bring back leg forward in front of you, lifting toes off the ground and bend at waist reaching for toes. You should feel a stretch in the hamstring of your forward leg. Continue to move forward, walking slowly, as you complete this dynamic stretch for the hamstring.

#### Inchworm

Start in a standing position, bend at the waist and reach down placing both hands on floor in front of you. Walk out on your hands until you get to a pushup position. Then take small steps with your feet towards your hands keeping your legs straight until feet come as close to hands as possible. Return to standing position. Repeat this movement for 30 seconds.

#### Forward Lunges

Starting in a standing position with your feet together, keeping your back straight as you lunge forward with one leg. Knee should be bent directly over ankle and thigh parallel to floor. Return to starting position and repeat same movement with opposite leg. Continue lunges for 30 seconds.

\*You may add a torso twist when you lunge for a more intense dynamic stretching exercise.

### Alternating Side Lunges

Start in a standing position with your feet together, move your one leg away from your other leg into a side lunge position. Bend your knee as you lunge and move your hips towards the lunging leg, keeping your other leg straight. You should feel a stretch in the straight leg, inner thigh groin area. Return to starting position and do the same lunge movement on the other side with opposite leg. Continue to do this for 30 seconds.

### Shoulder Circles

In a standing position with your feet slightly wider than shoulder-width apart, knees slightly bent. Raise your shoulder towards your ear, take it backwards, down and then up again to the ear in a smooth action.

### Arm Swings

In a standing position with your feet slightly wider than shoulder width apart, knees slightly bent, keep your back straight during whole dynamic exercise.

Overhead/Down and back- Swing both arms continuously to an overhead position and then forward, down, and backwards. After 30 seconds change direction and go backwards, forward, overhead, and down.

Side/Front Crossover- Swing both arms out to your sides and then cross them in front of your chest and then return to starting position.

### Leg Swings

Flexion/Extension- stand sideways next to a wall, weight on your leg closest to wall and your hand on the wall for balance. Swing your leg forward and backward. Do this for 30 seconds and then switch to other leg.

Cross-Body Flexion/Abduction- leaning slightly forward with both hands on a wall and your weight on one leg, swing your opposite leg in front of your body. Then swing your leg back away from your body as far as comfortable. Do this for 30 seconds and then switch to other leg.