

GVH Revised Warm-Up (Injury Prevention Biased)

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*Direct Access – Call directly for PT. No Script required!

GVPT Locations: visit our website. www.gvpt.me



EXERCISE

Reps/Distance

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Press-Ups <ul style="list-style-type: none"> - Yoga pose “Cobra” - Keep hips down and exhale to sag into full spinal extension - Goal: to achieve full locked elbow position w/hips on ground. 	X10
Iron Cross <ul style="list-style-type: none"> - Lying on back, with arms directly out to sides. Swing leg/foot up towards opposite hand, then back down and repeat with opposite leg. - Should feel the stretch in glute & outside hamstring. 	X10 ea
Modified Bird-Dog <ul style="list-style-type: none"> - Starting in Quadruped (hands & knees). Tighten core/abs ->flattening lower back. - “Stamp” foot up towards sky without rotating/arching your lower back. - Advance difficulty of exercise by reaching opposite arm forward. - Perform all reps on 1 side, then repeat on opposite side. 	X10 ea
Mountain Climbers (Forward, Outside, Inside) <ul style="list-style-type: none"> - Starting position: High Plank (“push-up position”) - Tighten core/abs by maintaining a flattened lower back position - Alternate legs by driving knees (under control): <ol style="list-style-type: none"> 1. Forward 2. Outside Elbow 3. Diagonally towards opposite elbow 	X10 ea
Tri-planar Balance & Leg Swing <ul style="list-style-type: none"> - Stand on 1 leg, with a slightly bent knee position. - Maintain BIG toe firmly engaged to ground the entire time, ideally not holding onto anything for balance. - Swing opposite leg under control: <ol style="list-style-type: none"> 1. Front to back 2. Side to side 3. Rotationally (turning pelvis) <ul style="list-style-type: none"> • Start by touching foot of moving leg to the ground. 	X10 ea
Tri-planar Lunge Matrix <ul style="list-style-type: none"> - Use the lines of the track lanes for a reference. - Perform a high lunge pose (Both feet on the line): <ol style="list-style-type: none"> 1. Transverse plane: Rotate trunk, touching opposite elbow to forward knee. Repeat stepping forward on line advancing with opposite leg forward. 2. Sagittal Plane: Position arm of forward leg up behind your back, while the opposite arm reaches up overhead and down your back. Press pelvis forward in this position and you should feel the stretch through the hip flexor of your back leg. If you don’t lengthen your lunge stride. Repeat by stepping forward on line with opposite leg forward and switching your arm position. 	X5 ea

<p>3. Frontal Plane: Position both arms overhead. In the lunge pose, reach your arms, side bending trunk (as far as you can control your balance) towards the Left & then towards the Right. Repeat by stepping forward on line with opposite leg forward.</p> <ul style="list-style-type: none"> - Advance by keep your heels of both feet off the track. Be sure both feet are facing forward. Don't allow front knee to collapse inwards. 	
<p>Walking Deadlifts w/opp Hand Reach</p> <ul style="list-style-type: none"> - Use the lines of the track. Step forward onto 1 leg and reach opposite hand down towards foot of stance leg, hinging through the hips, extending back leg as high as you can towards the sky while maintaining balance. Repeat stepping forward and performing on opposite side. - Keep stance leg (knee) slightly bent and hinge through the hips. Keep BIG toe engaged to ground. - <u>Modified Version</u> – Perform a walking high lunge activity (walking the line again). Pause in each lunge pose to reach your opposite hand forward (down towards the track) in front of your forward knee/foot (ie. Lunge w/Right foot forward, Left hand reaches down and in front of your Right foot). 	X5 ea
<p>Walking Knee Hugs</p>	X5 ea