

MFL

WARM UP & STRETCHING PROGRAM

Roger Caplinger, ATC/LAT
Director—Medical Operations
Milwaukee Brewers Baseball Club



**TEACHING CHILDREN HOW TO TAKE
CARE OF THEIR BODIES**

STRETCHING HAS CUMULATIVE EFFECT

**CONTINUE TO REINFORCE GOOD
HABITS**

LIFE LESSONS



GENERAL WARM UP

DYNAMIC WARM UP

STATIC STRETCHING

SPORT SPECIFIC WARM UP



INCREASE BODY'S CORE TEMPERATURE

INCREASE BODY'S MUSCLE TEMPERATURE

INCREASING HEART RATE AND RESPIRATORY RATE

THIS INCREASES BLOOD FLOW THUS INCREASES DELIVERY OF OXYGEN & NUTRIENTS TO MUSCLES



ARTICLES:

BONFERONNI POST HOC:

REVEALED THAT A GENERAL WARM-UP AND A GENERAL WARM-UP WITH DYNAMIC STRETCHING POSTED THE GREATEST GAINS AMONG ALL INTERVENTIONS. ON THE OTHER HAND, **NO WARM-UP AND PASSIVE STATIC STRETCHING DISPLAYED THE LEAST RESULTS IN COUNTERMOVEMENT JUMP PERFORMANCE.** IN CONCLUSION, COUNTERMOVEMENT JUMP PERFORMANCE PRECEDED BY A GENERAL WARM-UP OR A GENERAL WARM-UP WITH DYNAMIC STRETCHING POSTED SUPERIOR GAINS IN COUNTERMOVEMENT JUMP PERFORMANCE



ARTICLES:

EFFECTS OF A 4-WEEK YOUTH BASEBALL CONDITIONING PROGRAM ON THROWING VELOCITY [FLEISING, ET. ALL](#)

THESE RESULTS DEMONSTRATE THAT THE SHORT-TERM 4-WEEK BASEBALL CONDITIONING PROGRAM WAS EFFECTIVE IN INCREASING THROWING VELOCITY IN YOUTH BASEBALL PLAYERS. INCREASED THROWING VELOCITY MAY BE HELPFUL FOR PITCHERS (LESS TIME FOR HITTERS TO SWING) AND POSITION PLAYERS (DECREASED TIME FOR A RUNNER TO ADVANCE TO THE NEXT BASE).



ARTICLES:

A REVIEW OF THE ACUTE EFFECTS OF STATIC AND DYNAMIC STRETCHING ON PERFORMANCE.

BEHM DG, CHAOUACHI A.

**SCHOOL OF HUMAN KINETICS AND RECREATION, MEMORIAL UNIVERSITY OF
NEWFOUNDLAND, ST. JOHN'S, NF, A1C 5S7, CANADA. DBEHM@MUN.CA**

**GENERALLY, A WARM-UP TO MINIMIZE IMPAIRMENTS
AND ENHANCE PERFORMANCE SHOULD BE
COMPOSED OF A SUBMAXIMAL INTENSITY AEROBIC
ACTIVITY FOLLOWED BY LARGE AMPLITUDE
DYNAMIC STRETCHING AND THEN COMPLETED WITH
SPORT-SPECIFIC DYNAMIC ACTIVITIES.**



ARTICLES:

WARM-UP AND STRETCHING IN THE PREVENTION OF MUSCULAR INJURY.

WOODS K, BISHOP P, JONES E.

SOURCE

HUMAN PERFORMANCE LABORATORY, UNIVERSITY OF ALABAMA,
TUSCALOOSA, ALABAMA, USA. WOODS021@BAMA.UA.EDU

INJURIES TO SKELETAL MUSCLE REPRESENT >30% OF THE INJURIES SEEN IN SPORTS MEDICINE CLINICS. AS A RESULT, A WARM-UP AND STRETCHING PROTOCOL SHOULD BE IMPLEMENTED PRIOR TO PHYSICAL ACTIVITY. THE ROUTINE SHOULD ALLOW THE STRETCHING PROTOCOL TO OCCUR WITHIN THE 15 MINUTES IMMEDIATELY PRIOR TO THE ACTIVITY IN ORDER TO RECEIVE THE MOST BENEFIT.



**DO ALL OF YOUR
INSTRUCTION
PRESENTATION **PRIOR** TO
WARMING UP!!!!!!!!!!!!!!!**



GENERAL WARM UP

JOGGING AROUND THE FIELD OR TO CENTER FIELD



DYNAMIC WARM UP

HIGH KNEES



DYNAMIC WARM UP

BUTT WACKERS



DYNAMIC WARM UP

HURDLE WALKS



DYNAMIC WARM UP

SIDE SHUFFLES



DYNAMIC WARM UP

KNEE TO CHEST WALKS



DYNAMIC WARM UP

WALKING TOE TOUCHES



DYNAMIC WARM UP

WALKING LEG KICKS



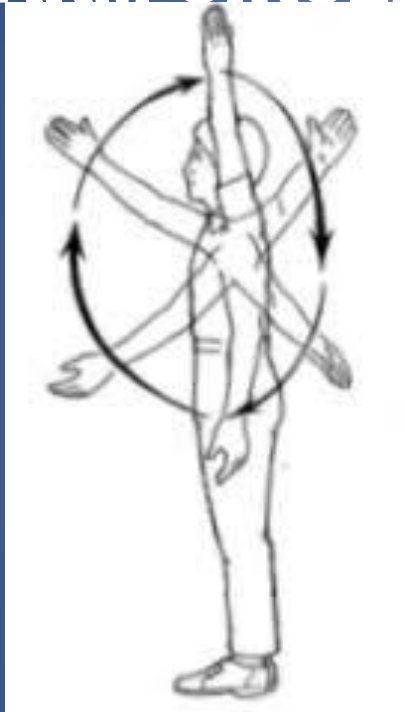
DYNAMIC WARM UP

CARIOCAS

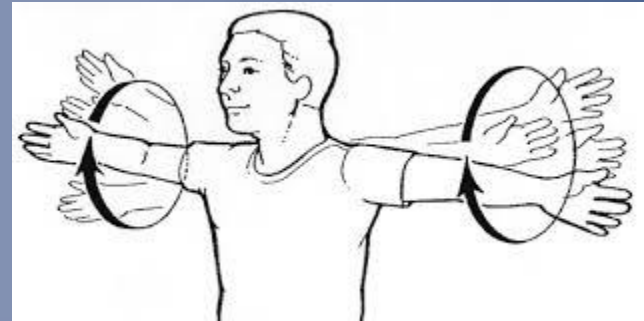


STATIC STRETCHING—UPPER BODY

ARM CIRCLES (BIG & SMALL)



BIG



SMALL



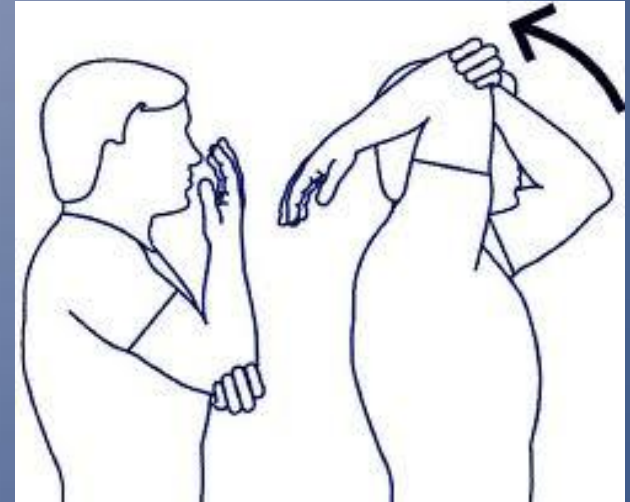
STATIC STRETCHING—UPPER BODY

SHOULDER ACROSS BODY (KEEP LOW)



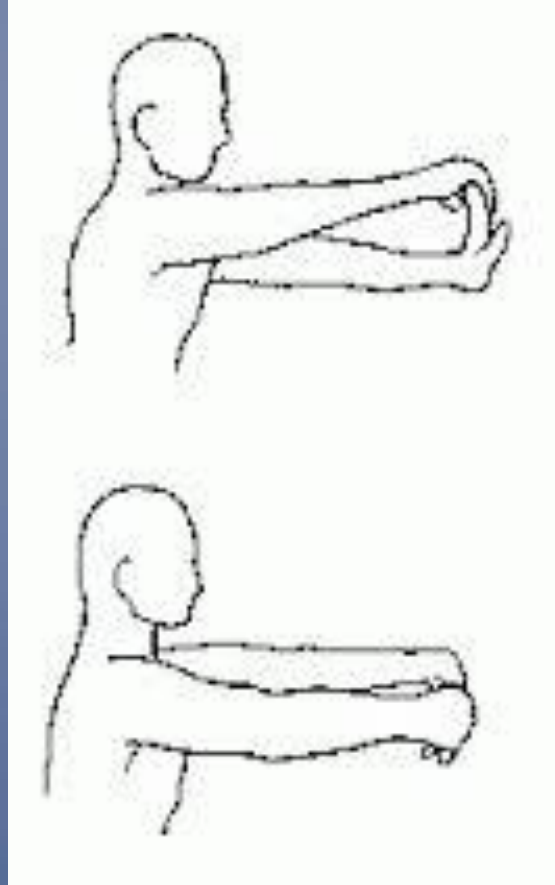
STATIC STRETCHING—UPPER BODY

TRICEP



STATIC STRETCHING—UPPER BODY

FOREARM



STATIC STRETCHING—TRUNK/LOWER BODY

TRUNK ROTATIONS MID & LOW BACK



STATIC STRETCHING—TRUNK/LOWER BODY

GROIN (SIDE TO SIDE)



STATIC STRETCHING—TRUNK/LOWER BODY

HIP FLEXOR



STATIC STRETCHING—TRUNK/LOWER BODY

BUTTERFLYS GROIN



STATIC STRETCHING—TRUNK/LOWER BODY

HURLER

HAMSTRING

HIP & LOW BACK



STATIC STRETCHING—TRUNK/LOWER BODY

KNEE TO CHEST—STRAIGHTEN LEG HAMSTRING



STATIC STRETCHING—TRUNK/LOWER BODY

QUADRICEP



STATIC STRETCHING—TRUNK/LOWER BODY

CALF/ACHILLES



SPORT SPECIFIC

BASERUNNING

OUTFIELD DRILLS

RELAYS/CUT-OFFS



THANK YOU

