

Dynamic Stretching

Dynamic stretching is a form of stretching that helps prepare your muscles for physical activity, such as running and walking, in a more functional manner than traditional static stretching. Dynamic stretching has gained popularity due to recent studies which show that traditional static stretching techniques do little to increase flexibility or reduce injury prior to work-outs.

The dynamic stretching techniques described below are a quick and easy way to “warm-up” and “stretch-out” prior to running or walking, and will improve your balance and coordination, and reduce the chance of injury. These techniques should be pain-free and should not be performed if you have a history of joint problems or other medical conditions, unless directed by a licensed Physical Therapist.



High Knees:

Alternate high knee marching in place. Do 10 times each leg. Comfortable speed for walkers. As fast as you can for runners.



Monster Walk:

Alternate opposite arm and leg as high as you can. Do 10 times each side.



Lunge:

Lunge forward and raise arms over head, alternating legs. Do 10 times each leg. Runners: lunge as deep as you can. Walkers: lunge to comfort.



Drop-step Squat:

From standing position step back with one foot and squat down. Do 5 times to the right and 5 times to the left. Squat within comfortable depth.

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please call (315) 798-1415