

## Hockey Player Stretching Warm-up Exercise Program

This program will take approximately 8-10 minutes to complete and should be done after a light cardio warm up routine (i.e. jogging, jumping jacks). **Note:** do not bounce or stretch to the point of pain.

### **Order of stretches:**

1. Standing Hamstring stretch
2. Hip Flexor / Quad / Hamstring stretch
3. Hip / Glute stretch
4. Groin / Inner Thigh stretch
5. Standing Calf stretch
6. Shoulder & Rotator stretch
7. Upper back & Arm stretch
8. Trunk rotation stretch
9. Triceps stretch
10. Wrist & Hand stretch

### **Illustration of Stretches:**

**1. Standing Hamstring** – feet shoulder width apart; with legs straight bend over and try to bring hands to floor. Stretch as far as you can and hold for 10-15 seconds. Roll back and bend knees as you return to a standing position. Do stretch 3 times. **Note:** do not bounce!



**2. Hip Flexor / Quad / Hamstring** - In lunge position, rest back knee on the floor, with front knee at 90 degree angle, abs in. Gently press forward until you feel a stretch in the front of the leg/hip. Hold for 15-20 seconds. Switch legs. **Note:** to increase the stretch you can twist torso and opposite arm in the direction of the front leg.



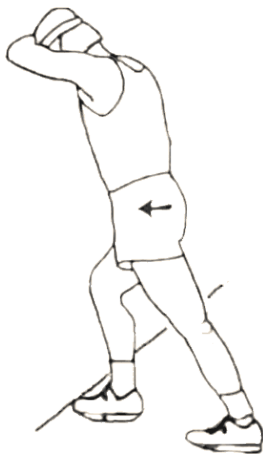
**3. Hip / Glute** – Cross left foot over right knee. Clasp hands behind right thigh and gently pull the leg in towards you, keeping upper body relaxed. Hold for 10-15 seconds. Switch Legs.



**4. Groin / Inner Thigh** - Sit on floor with feet pressed together. Reach down and grab foot or ankle on each side. Keeping abs in; lean forward and push elbows out into inside of knees to stretch inner thighs and groin area. Hold for 10-15 seconds. Relax for 5 seconds and repeat 1-2 times.



**5. Standing Calf Stretch** – Find a wall and place tip of one foot and same knee against wall. Slide leg to stretch back as far as you can while maintaining full contact of sole of foot on floor. Bend knee of leg you are stretching slightly forward to increase the stretch. Hold for 10-15 seconds. Relax for 5 seconds and repeat.



**6. Shoulder & Rotator stretch** – stand with feet shoulder width apart; raise both arms above your head, reach up and rotate arms up and forward in a rotating motion to stretch shoulders and rotator cuff in each arm. Continue rotating motion for 10 rotations and stop. Do exercise again but rotate arms in an up and backward rotating motion for 10 rotations.

**7. Upper back & Arm stretch** – stand with feet shoulder width apart; raise both arms straight out to the each side of your chest. Bring arms together across chest (like you are hugging yourself) and rotate arms back to the starting “open” position. Continue hugging rotating motion for 10 rotations.

**8. Trunk rotation stretch** – Stand with hands on hips. Gently twist torso at waist until stretch is felt. Hold for 10-15 seconds. Repeat on other side. **Note:** keep knees slightly flexed.



**9. Triceps stretch** – hold left elbow with right hand, then gently pull elbow behind head until an easy tension stretch is felt in the shoulder or back of upper arm (triceps). Hold stretch for 10-15 seconds, and then switch arms. Repeat both sides.



**10. Wrist & Hand stretch** – Interlace fingers and turn palms out. Extend arms in front at shoulder height. Hold for 10-20 seconds, relax, and repeat.

