

American Academy of Orthopaedic Surgeons

Stretching

KAPI'OLANI ORTHOPAEDIC ASSOCIATES

Pediatric Orthopaedics

Spine Deformity

Sports & Dance Medicine

Young Adult Hip Preservation

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Staying injury-free throughout the sports season requires a proper conditioning and exercise program. Here are some stretching exercises developed by the American Academy of Orthopaedics Surgeons that young athletes can perform before participating in any athletic activity.

Athletes must do each one of the exercises carefully, speed is not important. Once the exercise routine is learned, the entire program should take no longer than 10 minutes.

It also is important to warm up before doing any of these exercises. Good examples of warm up activities are slowly running in place and walking for a few minutes

Seat Straddle Lotus

Sit down; place soles of feet together and drop knees toward the floor. Place forearms on inside of knees and push knees to the ground. Lean forward, bringing chin to feet. Hold for thirty seconds. Repeat one to three times

Seat Side Straddle

Sit with legs spread; place both hands on same ankle. Bring chin to knee, Keeping the leg straight. Hold for thirty seconds. Repeat one to three times. Repeat exercise on opposite leg.

Seat Stretched

Sit with legs together, feet flexed, hands on ankles. Bring chin to knees. Hold for thirty seconds. Repeat one to three times.

Lying, Quad Stretch

Lie on back with one leg straight, the other leg with hip turned in and knee bent. Press knee to floor. Hold for thirty seconds. Repeat one to three times.

Knees to Chest

Lie on back with knees bent. Grasp tops of knees and bring them out toward the armpits, rocking gently. Hold for thirty seconds. Repeat one to three times.

Forward Lunges

Kneel on left leg; place right leg forward at a right angle. lunge forward, keeping the back straight. Stretch should be felt on the left groin. Hold for thirty seconds. Repeat one to three times. Repeat on opposite leg.

Side Lunges

Stand with legs apart; bend the left knee while leaning toward the left. Keep the back straight and the right leg straight. Hold for thirty seconds. Repeat one to three times. Repeat on opposite leg.

Cross-Over

Stand with legs crossed; keep feet close together and legs straight. Touch toes. Hold thirty seconds. Repeat one to three times. Repeat with opposite leg.

Standing Quad Stretch

Stand supported. Pull foot to buttocks. Hold for thirty seconds. Repeat one to three times.

Source: American Academy of Orthopaedic Surgeons, *Athletic Training and Sports Medicine*, 1991

Modified by Kapi'olani Orthopaedic Associates

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