

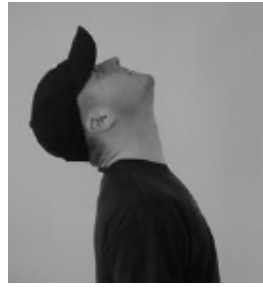
Joint Warm up Routine

Neck

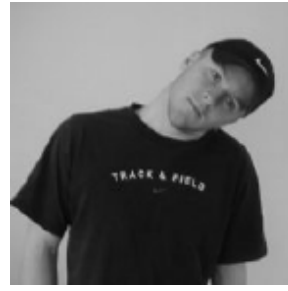
There are four motions to help warm up your neck. 1. Touch your neck to your chest. 2. Point your chin up as high as you can comfortably. 4. Bend your head sideways so your ear approaches your shoulder. Do not force your head to touch. 4. Simply rotating your head around in a slow circle, as if around an axis.



1. Flexion:



2. Extension



3. Lateral



4. Rotation

Lumbar Spine

The next series of motions is for your back or lumbar spine. 1. Flexion - standing tall with your feet shoulder width apart, bend forward at the waist letting your arms fall towards the floor. 2. Extension - same standing position but bend backwards as far as you can comfortably. 3. Lateral bend - simply bending your body to each side.



1. Flexion



2. Extension



3. Lateral

Shoulder

There are five different ways to warm up your shoulder joint. 1. Extend your arms out from your sides to shoulder height and complete small circles no bigger than a few inches. 2. With your arms at your side, make large circles with your arms as high above your head as is comfortably. Your arms do not need to be straight over your head. As your shoulder loosens, it may become easier for you. 3. Starting with your shoulders in a resting position, shrug them forward or backward. 4. Adduction - moving your arm across your body. 5. Abduction - moving your arm up and away from your body.



1. Small Circles



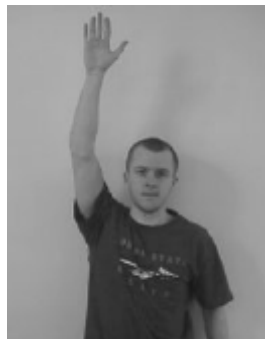
2. Wider circles



3. Shrug



4. Adduction



5. Abduction

Elbow

Elbow flexion, which is simply bringing your lower arm up to your biceps. 2. Elbow extension - straightening out your lower arm. 3. Elbow supination - turning your lower arm so that your palm faces up like you were holding a bowl of soup. 4. Pronation - turning your lower arm so that your palm faces down.



Wrist

There are four motions to warm up your wrist. 1. Flexion - bend your wrist so that your palm comes nearer to your lower arm. 2. Extension - bending your wrist in the opposite direction. 3. Radial - bend your wrist so that your thumb gets closer to the bone on the inside of your arm. 4. Ulnar - bend your wrist so that you pinky gets closer to the bone on the outside of your arm.



1. Flexion



2. Extension



3. Radial



4. Ulnar

Hip

Your hip joint, which has six motions, is probably the most important joint in your whole body. Most movement involves your hip in some way, so it is very important to warm up your hips well.

1. Flexion- lift your upper leg by bending at the knee and bring your thigh closer to your torso. 2. Extend your leg as far as it can go. 3. Hyperextension - move your hip behind you. 4. Adduction - taking your hip across your body. 5. Abduction - moving your hip away from your body. 6. Rotation- Lift one leg off the ground and rotate your foot inward, then outward.



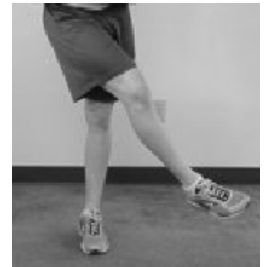
1. Flexion



2. Extension



3. Hyperextension



4. Adduction



5. abduction
Rotation



6. Internal & External



Knee

Your knee can only move in two ways: flexion and extension. Flexion is touching your calf to your hamstring, and extension is straightening your knee as much as possible.



Ankle

Flexion - bend your ankle so that your toes are pointed up. 2. Extension - bend your ankle so that your toes are now facing down. 3. Pronation - turn your foot so that your sole faces in. 4. Supination - turn your foot so that the sole faces out. 5. Internal and external rotation - rotate in circles both ways.



1. Flexion



2. Extension



3. Pronation



4. Supination



5. Internal Rotation



6. External Rotation