

Whether you're a runner, soccer player or keep active by means of any sport involving your legs, warming up is an important part to preventing future injury. A dynamic warm-up is even more important if you are returning to your sport following an injury.

**Below are 11 exercises (and their intended distances) our physical therapists and athletic trainers recommend doing prior to strenuous sport-related activity.**



**Forward lunge with forearm to instep (10 yards)**



**Sumo squat with inchworm (10 yards)**



**Lateral lunge (10 yards)**



**Backward lunge with rotation (10 yards)**



**Frankensteins (10 yards)**



**Walking cradle stretch (10 yards)**

### Aerobic warm-up:

Jog down and back (15-20 yards)

Lateral shuffle (15-20 yards)

Carioca (high knee) (15-20 yards)

Back pedal with turn each direction (15-20 yards)

Lateral shuffle down and back (15-20 yards)

### SELECT MEDICAL OUTPATIENT DIVISION FAMILY OF BRANDS

