

STRETCHING FOR HOCKEY/SKATING/IN-LINE SKATING

The “Super Six Rules” to Stretching Successfully:

- 1 • Warm up (Walk on the spot for 1 to 5 minutes)
- 2 • Hold each stretch one repetition for 30 seconds
- 3 • Do not bounce (Hold in Comfortable position)
- 4 • Be Gentle (No Pain)
- 5 • Breathe Deeply
- 6 • Stretch both sides equally



Front of Neck Stretch



Back of Shoulder Stretch



Chest Stretch



Shoulder/Rotator Cuff Stretch



Wrist Extension Stretch



Wrist Flexion Stretch



Lower Back/ Buttock Stretch



Side of Buttock Stretch



Buttock & Spinal Stretch



Back Flexion Stretch



Back Extension Stretch

Most Common Injuries: Tailbone and clavicle (collarbone) fracture; separation of shoulder joint; neck and low back strain; concussion; chest and groin strain; ankle sprain; wrist sprain and fracture.



Hamstring Stretch to Bench



Thigh Stretch



Hip Flexor/Psoas Stretch



Advanced Hip Flexor/Psoas Stretch



Hip Flexor Stretch



Inner Thigh Stretch



Outer Calf Stretch



Standing Shin/Ankle Stretch



Supine Groin Stretch

“To maintain flexibility, we recommend that all of these stretches be completed during and/or after your activity. The cool-down stretch routine will eliminate lactic acid from your muscles and therefore decrease stiffness and soreness as a result of exercise.”

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