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The Importance of a Functional Warm-up

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Outline

- Why do a Functional Warm Up?
- What is a Functional Warm Up?
- Functional Warm-Up vs Stretching
- Exercise order matters
- Functional Warm-up

Why do a Functional Warm Up?

- No matter what time of day, your body is inactive prior to activity
 - Static positions
 - Sleeping
 - Sitting
 - Standing
- Posture
 - Bony alignment
 - The position of your bones determine what muscles work
 - Your body becomes accustomed to the position you are in which can negatively impact your posture

Why do a functional warm-up?

- Use the stretch reflex to your advantage
 - Stretch reflex: normally used to protect your muscles from overstretching
 - The reflex brings increased nerve activity and activity to the muscle
- Injury prevention
 - Increase muscle temperature
 - Increase muscle elasticity
 - Increase smoothness of muscle contraction
- Increases Force Production
 - More muscles working
 - Increased muscular output



Functional Warm-Up vs Stretching

- Significant decrease in squat 1RM by 8.36% following passive stretching
- Significant decrease in reported lower body stability by 22.68% after PS
- Meta-analysis found negative effects on maximal muscle strength and explosive performance
 - Cannot recommend stretching as the sole warm-up activity

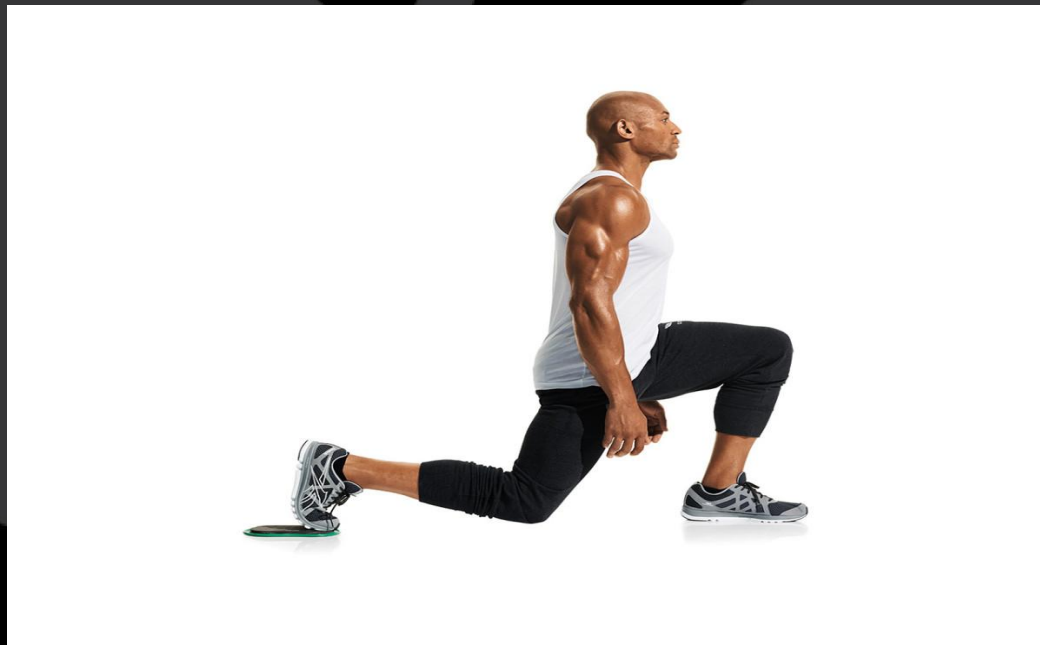


Example Functional Warm-Up

- 4-way lunge
- Inner thigh squat
- Hamstring golf ball pick-up
- Curtsy lunge
- Calf raises

Functional Warm-Up

- 4-way lunge



Functional Warm-Up

- Inner thigh squat



Functional Warm-Up

- Hamstring golf ball pick-up



Functional Warm-Up

- Curtsy lunge



Functional Warm-Up

- Calf raises



Questions?



THANK YOU!

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