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In-Person Care!

# WHY IS WARMING UP BEFORE EXERCISE SO IMPORTANT?

**INSIDE:** • Additional Benefits Of Warming Up Before Exercise  
• Tips For Avoiding Sports Injuries · Healthy Recipe



## WHY IS WARMING UP BEFORE EXERCISE SO IMPORTANT?

Whether you're a weekend warrior or dedicated athlete, warming up before participating in any form of physical activity is extremely important. We always hear about the crucial aspect of proper warm-ups, but why exactly are they so crucial?

Well, the truth is that while it may not seem like it at the time, warming up the body before engaging in exercise of any sort can pose several benefits. If you are a fitness enthusiast who is looking to enhance your warm-up routine, contact Lake Country Physiotherapy today.

### The Importance Of Proper Warm-Ups

Stretching and proper warm-ups before exercise are arguably most important in helping your body avoid injury. As an athlete, we understand that one of your primary goals is staying healthy so you can participate in your sport or exercise of choice.

Our physical therapists at Lake Country Physiotherapy can teach you warm up routines that utilize light weights, resistance bands, or targeted stretches to get your body ready for physical activity. Some light cardio can also be beneficial in your warm-up routine, as the goal is to have your muscles warm and loosened up. When this happens, your muscle cells become oxygenated and ready to work.

A physical therapist can guide and assist you in perfecting your warm-up routine, similar to a personal trainer.

Maintaining proper form during your warm-ups is just as important as maintaining it during your main exercise, and is one of the main keys to avoiding injury. Your physical therapist will analyze your form to make sure you're doing everything correctly in order to maximize results during your workout and help you get the most out of it.

### Warming Up Can Make All The Difference For Those Who Are Aging And Active

As we age, our bodies simply aren't as limber as they used to be – putting us at risk for exercise-related injuries. Proper warm-ups are a great resource for those who still want to remain active but may be prone to injuries or at a higher risk of developing injuries.

A physical therapist can help you figure out where your problem areas are, so you can perform the correct warm-up routine for your needs. A routine that consists of a combination of exercises, stretches, and pain-relieving techniques that target areas where injuries are likely to occur is one of the best ways to avoid injury in the aging and active adult.

Additionally, your physical therapist can also help you target poor techniques and correct them. They will focus more on the areas of your body that are repeatedly stressed and overused by your sport or exercise, thus determining your likelihood of injury and suggesting the best warm-up techniques for keeping you safe during physical activity.



1. *Feel free to call us and ask to speak to your therapist.*



2. *Your therapist will tell you the possible causes of your pain as well as precautions you can take at home.*



3. *If further assessment is warranted, your therapist might recommend you come in for an appointment.*

**Call Lake Country  
Physiotherapy**  
to talk with your  
physiotherapist today!

# Additional Benefits Of Warming Up Before Exercise

While injury prevention is the main benefit, there are many ways that warming up helps your body. Some additional benefits include:

**Reducing muscle tension.** When your body isn't warmed up, it becomes tense and tight. Tense and tight muscles have restricted blood flow and may not activate as effectively. Stretching and light exercises before a workout helps to alleviate this tension and help muscles expand and contract more efficiently.

**Increasing range of motion in your joints.** Joints that move better, work better! Warming up helps your joints move fluidly and throughout their full range of motion. This improves movement efficiency and function, which means better performance.

**Improving circulation.** In addition to improving muscle mechanics, the enhanced circulation that warm-ups bring can also accelerate the recovery of painful areas, reduce post-workout soreness, and increase your energy levels.

**Helping with stress relief.** There's a strong link between physical tension and mental tension. By alleviating physical tension with a consistent warm-up routine, you can ease psychological stress, too. Plus, evidence shows that stretching and/or participating in light exercises before a workout improves your "psychological readiness" and helps you get your head in the game.

**All in all, adopting a proper warm-up routine before participating in strenuous physical activity is a small-time investment for a long-term benefit. If you have any questions about how to warm up properly and how we can help, contact Lake Country Physiotherapy today.**



LAKE COUNTRY  
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## Featured Treatment: Concussion Management

There is a dangerous trend of equating an injury with how visible the problem is. Of course a broken bone or a torn ligament is going to create a scene, but this isn't a failsafe way to judge an injury. When an athlete blows out their knee it becomes something that everyone can see, and the pain on the player's face merely confirms what everyone else is already thinking: that injury is real, that injury is painful, that person is going to need medical attention.

Head injuries aren't typically as visible. When someone hits their head on TV, they may become unconscious for a moment or they may be able to stand up right away. They might look dazed or need a minute to regain their ability to think straight, but then they can walk off the field just fine. The injury doesn't look as serious. And too often it isn't treated as seriously.

A broken bone may be visible, but a concussion is in many ways far more serious of a problem. A brain injury requires immediate and ongoing care to ensure that the brain can regain optimal functionality. On television, injuries that turn out to be "just a concussion" are often anti-climactic events that the audience is led to believe will be over in days, if not hours. In real life, however, these traumatic brain injuries — which usually stem from a fall, severe shaking, a car accident or a direct blow to the head — can severely impact a person's quality of life for several months.

Left untreated, concussions can even inhibit growth in young children, and bring on early dementia for older patients. Fortunately, the physiotherapy field is continually discovering new ways to help patients suffering from long-term concussion complications.


# Tips For Avoiding Sports Injuries

- 1. Emphasize the importance of warm-ups.** Stretching is important to loosen muscle fibers and increase blood flow to the area. Dynamic stretching pre-game is preferred as it provides blood flow and gentle stretching to the muscles without robbing them of power as a static stretch does (up to 10% power loss).
- 2. Make sure they are getting enough rest.** Muscle fatigue predisposes an athlete to injury, so sleep is critical for your body to restore and rebuild muscle fibers. Make sure your child is also taking a season "off," as overuse injuries are the most common injuries seen in young athletes.
- 3. Make sure they are hydrating!** Heat-related illnesses, such as heat exhaustion and heat stroke, are a real concern for anyone exercising outside, especially on hot and humid days. Make sure your child is adequately hydrating before, during, and after activity.
- 4. Make sure they are eating a healthy, well-balanced diet.** It is important for athletes to fuel up correctly with a diet that consists of whole foods such as fruits, vegetables, and lean proteins. Be sure to make time for breakfast, too



# Exercise Essential



 SimpleSet Pro

## STANDING EXTENSIONS

Stand up straight. Place your hands on the small of your back. Lean backward as far as possible, keeping your knees straight. Hold for 2 seconds and return to the starting position. Complete 10 reps. Repeat up to 8 times per day as needed.

## Did You Know?

*We Can Also Treat:*

- Back Pain
- Contusions
- Headaches
- Hip Pain
- Joint Pain
- Knee Pain
- Mobility Issues
- Neck Pain
- Pelvic Injuries
- Shoulder Pain
- Sports Injuries
- Sprains

**Interested In Improving Your Sports Performance?**

Give us a call or visit [www.LakeCountryPhysio.com](http://www.LakeCountryPhysio.com) today!



## Healthy Recipe *Veggie Hummus Rolls*

- 2 vegan whole wheat wraps
- 1/2 cup diced red peppers
- 1/2 cup diced yellow pepper
- 1/2 cup diced red cabbage

- 2 large carrots, peeled
- 6 - 8 tbsp. no-oil, low-salt hummus
- 2 tbsp. raw sunflower seeds (or your choice of raw seeds)

Heat wraps for 10 to 20 seconds in the microwave. Spread each wrap with 3 to 4 tbsp of no-oil hummus (depending on the diameter of your wrap). Divide veggies and sprinkle on top of the hummus on each wrap. Make sure to stop your veggies about 2 inches down from the edge of the tortillas (this will help the wraps seal up better). Starting on the opposite end, roll upwards tightly and press down to seal. Eat as whole wraps or cut into 1 1/2 to 2 inch pieces to make sushi-like rolls.

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