



THE WARM-UP

The process of warming up and stretching should be a habitual part of the inline skating unit. Warming up can greatly reduce the chance of a musculoskeletal injury occurring. The most common of these injuries is the muscle strain, or pulled muscle. There are three important components of the warm-up.

AEROBIC

LIGHT TO MODERATE AEROBIC ACTIVITY FOR 3-10 MINUTES.

The first part of the process is to actually 'warm-up' the muscles; to get more blood moving to that area of the body. Any type of light to moderate aerobic activity will do this (jumping jacks, running in place, jogging, even light skating). A cold muscle will be very resistant to stretching. If the internal muscle temperature is low, the muscle will tend to contract and try to protect itself. Warm the muscle up and it becomes more elastic and pliable. The warmer the muscle the less chance that a sudden stretch (such as those performed when an inline skaters legs go in two different directions) will strain the muscle. A strong voluntary muscular contraction, such as when a skater goes to push off to begin moving can also strain a muscle if not properly warm. Actual inline skating at a light pace would be the most specific form of warm-up activity. This warm-up should last between 3-10 minutes, depending on the amount of time available. Extra time may be needed if an older class were being taught. As we get older our muscles become less elastic and we are more susceptible to muscle/joint injuries (Publow, 1997).

GENERAL STRETCHES.

Stretch the major muscles of the upper and lower body. If time is a factor then spend less time on the upper body stretches, because inline skating mainly uses the lower body musculature for locomotion.



Gastrocnemius & Soleus (Bent knee)



Adductors
Place toes up and weight on heel to stretch hamstring.



Quadriceps



Torso



Upper Body



Upper Body



THE WARM-UP

SPORT SPECIFIC STRETCHES

The third and final step is to stretch the muscles that are specific to the inline skating movement. As mentioned previously, these are going to be the muscles of the lower body: the hamstring muscle group, the quadriceps muscle group, the gluteals and hip flexors, the groin, and the hip extensors (Publow, 1997). The stretching routine should also focus on the low back. The bulk of your stretching routine should focus on these muscles. Stretches should be held for 10-30 seconds with no bouncing, with each stretch being performed 2-3 times. The person stretching should feel tension in the muscle. The person should not feel burning, shaking, or pain.

STRETCHES



Hamstrings



Low Back



Hamstrings & Low Back



Abductors/Gluteals



Quadriceps



Adductors



Internal Hip Rotators



Hamstrings & Gluteals



THE WARM-UP

ADDITIONAL STRENGTHENING EXERCISES SPECIFIC TO INLINE SKATING

As an additional part of the warm-up these activities can be used to strengthen the muscles associated with inline skating.

ADDITIONAL STRETCHES



- ⌚ Wall Sits
Knees and hips should be at 90 degrees.

Difficulty level:
moderate



- ⌚ One-legged wall sits
Difficulty level:
hard



- ⌚ Hip abduction and adduction.

Difficulty level:
WITH SKATES:
moderate
WITHOUT SKATES:
easy



- ⌚ Squats - One and two-legged squats with skates on. Develops excellent balance and leg strength.

Difficulty level:
extremely difficult.