

It is always recommended that all players stretch prior to each game and practice. Warm-up your heart and other muscles before the game and cool-down the muscles and your heart gradually after the game or practice. This will help prevent too much muscle soreness afterwards and can help prevent sprains and strains.

No bouncing.

Stretch for 10 to 20 seconds each time, twice for each muscle group

You can begin in your dressing room or on the ice.

In the dressing room: step ups on the spot or gentle running [for two to three minutes] on the spot before stretching helps get the blood flowing through your muscles, getting them ready for the stretches and hockey.

On the Ice: slow skating 2 to 3 laps prior to stretching is also called an active warm-up before stretches.

Remember, you are not worried about speed at this time. Anything you do for one leg, repeat on the other side!



Shoulder circles (without stick) Full rotation to loosen the shoulder muscles



Lunges on one knee for groin stretch. Keep back straight, tilt pelvis forward (do not arch back) the stretch should only be felt in the groin.



Shoulder circles (with stick) Full rotation to loosen the shoulder muscles



Inner thigh stretch. Holding the ankles the player should lean forward while the knees are pushed down. This will stretch the inner thigh.



Back rotation. Feet should remain stationary and only the upper body should move.



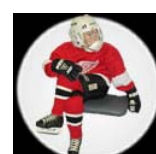
Back sidebending. Feet should remain stationary and only the upper body should move.



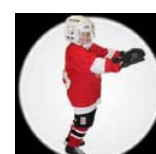
Calf stretch. Use the boards. Front leg slightly bent, keep back foot on the ice. This will stretch the calf muscle.



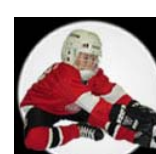
Wrist curls down. Wrists should be the only thing bending. Arms should be kept straight.



Piriformis (buttock muscle) Pull on knee and rotate upper body.



Wrist curls up. Wrists should be the only thing bending. Arms should be kept straight



Hamstrings (muscle at the back of the thigh) Extend one leg with the other leg tucked in. Lean forward.

These images and stretches were provided by Heather Howdle.

If you are in need of a Physiotherapist please visit [The Physiotherapy Alliance Inc.](#)