

GETTING READY FOR YOUR BELOVED WINTER SPORTS:

Basketball and Wrestling



GUEST CORNER

LIZE LUBBE

Almost all of us can relate to the rough-and-tumble play as kids, when we would climb over each other, roll around and wrestle on the ground. Wrestling is considered the oldest recreational sport that traces back to beginning of civilization. Shooting hoops will also bring back many fond memories for most Americans growing up, playing in someone's back yard or on a common basketball court in town.

Both sports require stamina and endurance. For wrestling your body needs a good balance of power strength from your grip, upper body, core to your legs and feet to pin your opponent down. A wrestler's whole body must be flexible as your body is contorted in various odd positions. Basketball requires agility for short burst of explosive muscle contractions with good hand eye coordination, cardiovascular and flexibility.

STRENGTHENING EXERCISES TO PREVENT INJURIES

Strengthening exercises for wrestlers are involved and complex as the whole body must be strengthened.

- Pull-ups are a great basic strength exercise. It requires you to hold body weight using a strong grip. You also use your shoulders and upper body strength to stabilize your core for leg pull-ups in different diagonals.

- Pallof press using a thick bar to add grip strength, adds more core and pelvic stability and strength.

Basketball strength training focuses on core, hips, and legs.

- Glute bridges;
- Lateral lunges;
- Squat jumps, exploding from a low squat high up into the air;
- Medicine ball jumps and slamming ball sideways into the ground; and
- Agility proprioception drills; for example, ladder drills with a medicine ball.

THE OBJECTIVE AND BENEFITS OF STRETCHING

Before you perform any stretching, you should do a general body warm-up routine for 15 minutes.

Stretching for wrestling and basketball is crucial, but different because of the demands of each sport.

Static v. dynamic stretches:

It is important to understand the difference between static and dynamic stretches and what your end goal is when doing stretches.

1. Static stretches are designed to lengthen muscles to improve flexibility and joint range of motion. A muscle is slowly moved to the point of resistance and held at least 30 seconds without pain.

2. Dynamic stretches are to get the muscles ready to perform the required movement of the sport by moving your body or limb through the full range of movement and move in and out of the range 15-20 repetitions.

TIMING OF YOUR STRETCHING:

Static stretches should be part of your exercise routine to improve your flexibility and range of motion and not part of your preparation for a practice or a game.

Before a wrestling match or basketball game, warm-ups with dynamic stretches are best to increase the blood flow to your muscles and get your body ready to perform. Dynamic stretches also mimic the activity of your specific sport and helps to get you mentally prepared for your performance. Both wrestling and basketball are physically demanding sports and to get ready to play at your top performance it is best to prepare in advance to do the correct training drills, stretches and warm-ups to prevent injuries.

To assist you in preparing for your preferred sport, receive suggestions to improve your warm-up and stretching routines, or a free screening, I invite you to an open house on **December 1 from 5:00pm to 8:00pm at Apex Fitness** to meet the physical therapists at our PT Studio and the Apex Fitness personal trainers.



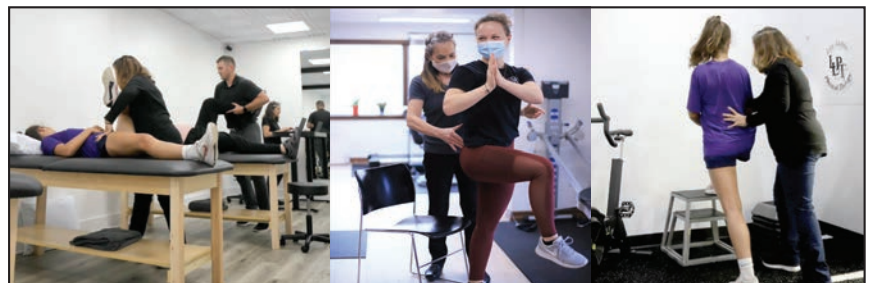
Take A Healthy Step Into This Holiday Season With Us
Come See Our Facility and Meet The Team!

LIZE LUBBE PHYSICAL THERAPY
&
APEX FITNESS

Open House
December 1, 2022
5 - 8 PM

RSVP
914-875-9430
contact@lizelubbept.com
Ask About A Free Screening

Orchard Square
20 N Salem Road
Cross River, NY

Lize Lubbe Physical Therapy (LLPT) has opened a PT Studio on the premises of Apex Fitness (at Orchard Square at Cross River) to focus on sports-related physical therapy rehabilitation services.

Our PT Studio at Apex will serve the needs of high school and college athletes, runners, golfers and tennis players, devotees and "weekend warrior" work-out gym members, and non-gym members, and other sport enthusiasts to continue their fitness goals, free of pain and to restore full pain-free mobility after injury.

Our PT Studio will be staffed with physical therapists who specialize in working with athletes, young and old. Our team provides dedicated, personable hands-on physical therapy rehabilitation services to help you prevent injuries and, if injured, to accelerate your recovery.

The professional services of our team at the PT Studio include the following:

- A free walk-in basic sports-related injury screening of about 10 minutes
- Guidance on sport-specific warm-up and exercise programs
- Brief assessment and Kinesio taping
- Individualized full PT rehabilitation treatment programs to recover from injury or surgery with full access to all the equipment at Apex Fitness, to get you back practicing your chosen sport, pain-free

Lize Lubbe
LLPT
Physical Therapy

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