



DANCEPREHAB

MOVEMENT PRACTICE & EDUCATION



AN INTRODUCTORY GUIDE TO:

RAMPING UP YOUR MOVEMENT PREPARATION

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WARM UP & MOVEMENT PREPARATION / THE WHY:

Warming up effectively is thinking less about the **WHAT** of warming up, but more importantly the **WHY** of warming up. It's not just about mindlessly moving through movement, but rather, helping your body access the connections between muscle, nerve, tendon, and various systems in your body that you will need.

For the **dancer**, it's about the specific tasks and demands that they will need to perform (floor work vs. jumps vs. running, etc).

For the **dance educator**, it's about preparing for the movement material that is about to be presented to your movers, but also about creating an environment to explore and develop a personal warm-up.

It's not about doing all of these movements, but rather, find the ones that help you feel the best before you move.

The movements you'll find in these suggested warm-ups are crucial not only for preparation, but also important for the future. Whether it's physical therapy or training, these movements and movement phrases are elements of setting a proper foundation for you to move from.



THE DANCE|PREHAB PERSPECTIVE:

Let's be honest - the conversation about "a proper warm-up" isn't always the most exciting. However, there is a reason why one of our first and most important questions during your physical therapy or prehab evaluation is, "**So what's your 15 minute warm up?**" How you prepare gives us insight into how much you know yourself and your movement. As we continue to work with our communities, we continue to find a need to educate dancers not just how, but why!



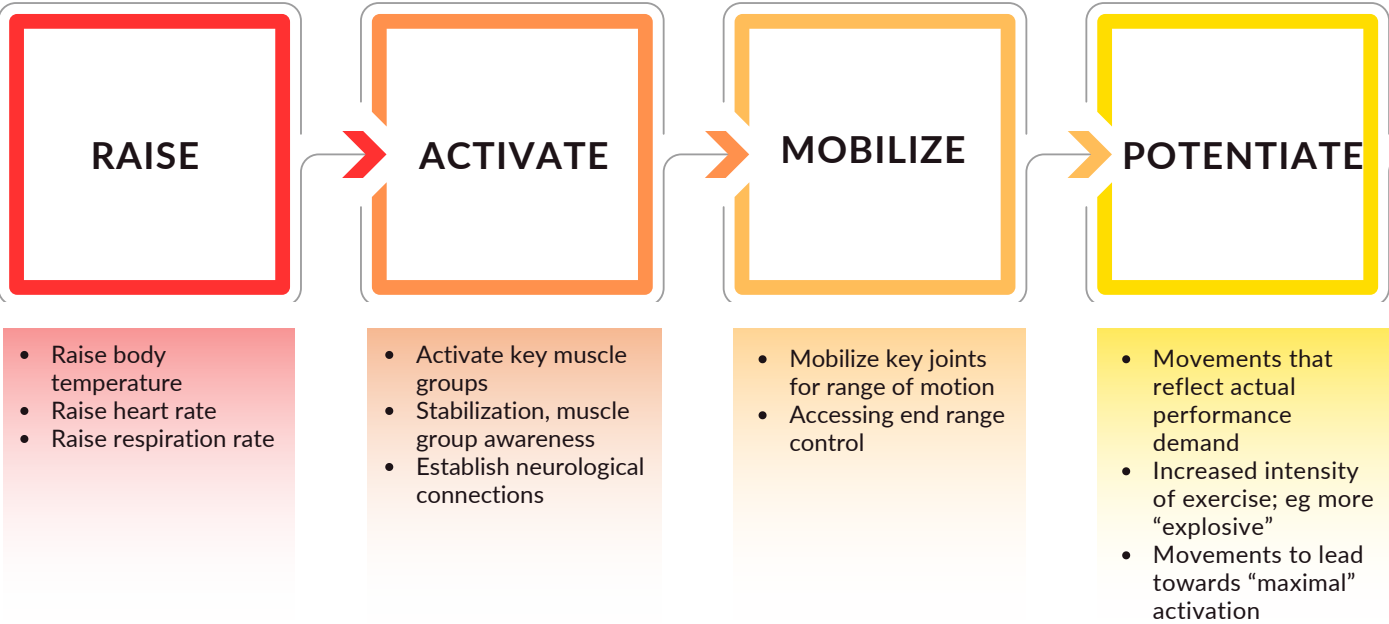
A REMINDER!

**The use of this resource is for
dance and movement education
purposes only.**

This information is not intended to be a substitute for professional medical advice, diagnosis, or treatment. If you are experiencing pain, please see your nearest healthcare provider.

The R.A.M.P Framework:

Coined by Ian Jeffreys, the R.A.M.P. framework is simple and easily committed to memory! Here we'll review a few concepts and why each level is important, and further below, you'll find some examples of what we like to incorporate! The intention here is to provide an understanding of strength and conditioning concepts and principles. The acronym is broken down for us below:



RAISE

The emphasis here is to raise heart rate, body temperature, and respiration rate. It's OK to get a little sweaty, as that means we are warm from the inside out. By increasing activity levels, we increased blood and oxygen delivery to our tissues, increase the ability of our nerves to send messages, so that we may function more efficiently.

MOVEMENT	WHY DO THIS?
<u>FORWARD RUNS/BACK PEDALS</u>	Ability to "stop and go" - putting on the brakes and stepping on the gas.
<u>TENNIS BALL REACTIVITY</u>	Reactivity, light rebounds off the ground, prepare the body and joints to react.
<u>SIDE SHUFFLES</u>	Dynamic movement changes in parallel, maintaining upper torso stability with dynamic leg movements
<u>Suggested Repetitions:</u> 4-5 passes of runs/shuffles 5x Clockwise/Counterclockwise tennis ball circles	



ACTIVATE

The goal of this section is to activate the main muscle groups and emphasize ranges of motion that will be utilized. For dancers, muscle groups can range from very general to very specific...



MOVEMENT	WHY DO THIS?
<u>SQUAT - PLANK - PUSHUP</u>	Full body activation and mobilization, core/trunk awareness. A DANCE PREHAB staple!
BEAR CRAWL VARIATIONS <u>FORWARD/BACK SIDE</u>	Dynamic weight-bearing on the arms, feeling connections between opposite arm and leg
<u>HALF SIDEPLANK</u> <u>ROTATIONAL REACH</u>	Warming up shoulder and hip muscles with rotation and range of motion. Lengthening to find opposition when reaching
<u>Suggested Repetitions:</u> Bear Crawls 10 steps each direction (2-3 sets) 2-3 sets of 5 repetition each side.	

MOBILIZE

...and range of motion needs extend far beyond that of the general population. Being able to efficiently warm up means the body is ready to go and primed to move in the ways that we need it to. As we always like to do ask, "Have your accessed your strength with your length?"

MOVEMENT	WHY DO THIS?
<u>ACTIVE HIP FLEXOR STRETCH</u>	Actively stretch the hip instead of sitting into a passive stretch. You didn't ask for a core exercise but here it is.
<u>3-WAY HAMSTRING SLIDERS</u>	Find length with strength - moving through our range with effort prepares our muscles for length.
<u>9090 SEATED HIP MOBILITY</u>	Moving through your hip joint to bring awareness to all the space that you have available to you. Can you access and control?
<u>SPINAL MOBILITY</u>	We always think forward and back, but don't forget rotation! Really think about opposition in the hips as well.
<u>Suggested Repetitions:</u> 2-3 sets of 5 repetitions each side	



POTENTIATE

With potentiate, we can also think "power". The key here is to increase the intensity of our movement preparation. Depending on your needs, this could be movements that require speed or agility, or movements that require large amplitudes such as jumps.

MOVEMENT	WHY DO THIS?
<u>SNAPDOWN TO BROAD JUMP</u>	Step on the gas and put on the brakes, but make it jumping and full body coordination.
<u>DOUBLE LEG POGO HOPS</u>	Prepare "stiffness" of the ankles to react off the ground and abdominal activation to respond to impacts.
<u>SINGLE LEG HOP/STICK VARIATIONS</u>	Single leg prep for sticking a balance, or having to rebound quickly into a jump.
<u>1/2 SIDEPLANK LEG SWING</u>	Move with power through your hip and ensure your body knows how to stabilize against fast movements.
<u>Suggested Repetitions:</u> 2-3 sets of 5 each side - Remember, the goal isn't to be tired! It's to prepare the body to move powerfully!	



...but what is THE BEST warm up?

We get questions about, "What is the best warm up for me?" or "What is the best warm up for [INSERT YOUR MOVEMENT OR DANCE STYLE HERE]?" The truth is, it takes some experimentation. While there is never a one-size-fits-all warmup for everyone, there are some general things that we need to make connections for. At some point, it's not even about being dance specific - **it's about whether or not you as a human is ready to perform, react, and adapt to the movements that dance will ask of you.**

We're here to give you the tools, but it takes experimentation, exploration, and some trial and error. Let's build awareness on your end to tinker and explore and play!

HELLO FROM DANCE|PREHAB!

Hello and a pleasure to meet you!
DANCE|PREHAB is the intersection of our team's ongoing experiences as dance student, professional dancer, dance educator, and now dance performance physical therapists.

DANCE|PREHAB has always been more than a physical therapy clinic - **it's a response to the words we've heard and the needs that have been expressed in our dance community.**

At DANCE|PREHAB we are dedicated to supporting artist-athlete health in a constant shifting and changing world.



HOW CAN WE SUPPORT YOU BEST?

PHYSICAL THERAPY & HEALING

For dancers moving through pain, injury, recovery, or return to dance. We help bring clarity to what is happening, support the healing process, and guide the next steps back into training and performance.

PERFORMANCE PREHAB & SUPPORT

For dancers who want to build strength, mobility, control, and confidence before pain becomes the main conversation.

EDUCATION WITHIN THE DANCE ECOSYSTEM

Workshops and learning for dancers, families, and educators. We make health topics in dance more accessible, more relevant, and easier to apply in the spaces where dancers actually live and train.



**BOOK A COMPLIMENTARY
DISCOVERY CALL**



**KIND WORDS
FROM OUR COMMUNITY**