Warm-up and Cool-down for Musicians

Warm-up

- About 15 minutes before practice
- Full body followed by specific muscle groups
- Can use dynamic stretching
- Pick movements that address areas of tension
- Set your own warm-up to music of your choice
- Choose length of music according to the situations; i.e. if you only have 3 min choose 3 min song

Purpose:

- Increase blood flow/circulation
- Increase tissue extensibility
- Prepares body for activity: HR, breathing, neural impulses, hormones, endorphins, temperature
- Prepares the mind through the routine and repetition
- Allows you to start with the ideal posture and muscle tone
- Decreases susceptibility to injury

Considerations for those with Hypermobility:

- Tolerance will vary and depend on current
- Have options
- Focus on Isometrics
- Modify positions for increased stability as needed
- Be aware if POTS symptoms/diagnosis and effect on positioning
- Limit excessive range of motion

Warm-up Exercises:

Exercises	Descriptions	Modifications for Hypermobility
Diaphragmatic and Reverse Breathing	Take a deep, slow breath in as you allow your belly to move away from your spine and your diaphragm to descend. Next slowly exhale and allow your belly to relax back toward your spine and your diaphragm to ascend. Repeat for 2 more breaths, a total of 3 diaphragmatic breaths.	Do laying on back or sitting with back supported for more stability
Standing Pelvic Clocks	Standing with feet hip-width apart, move pelvis to the front then around to right, to the back, to the left and back to the front. Begin with large circles and gradually make them smaller. Repeat circles in opposite direction.	Bring feet closer together and start with small - big circles, staying within pain free range. Or Perform sitting in chair or on Yoga ball
Flying Swords	Pivot so that you are facing the right side with feet hip-width apart. Leading with pelvis, gently bring clasped hands up and over head with arms extended. Allow back	Perform in sitting

	to extend slightly with arms moving in a "wave" type motion. Repeat to left side. Complete 8-10 reps forward and back on each side.	
Full body trunk…	For all movements, lead with feet and pelvis and allow the rest of your body to follow through.	
Rotation	Right foot crosses over to the left (in front of left leg), trunk rotates right as arms sway to the right (left arm crossing over chest.) Right foot crosses all the way back behind you (passing left leg), trunk rotates left as arms sway left (right arm crosses over chest). Repeat with other leg, opposite directions. 8-10 reps each side.	Perform in Sitting just arms across
Side bend	Right foot goes off to the right side, arms and trunk sway to the left. Right foot crosses over to the left (in front of the left leg), arms and trunk sway to the right. Repeat with left side, opposite directions. 8-10 reps each side.	In mini squat soften the knees as you sway the arms overhead with the torso R and L Or Perform upper body reach in sitting
Flexion/Extension	Right foot forward, arms go up and back as you allow your back to extend. Right foot back, arms come down and back as you allow your back to flex forward. Repeat to left side, 8-10 reps each side.	In mini squat or lunge position, reach forward allowing the back to bend as you soften the knees, then return to upright as you let the arms swing back. OR Can do upper body reach in sitting
Standing side lunges	With feet slightly turned out, take step to the right keep left leg straight as you slightly bend right leg. Stay in this position for a few seconds, feeling an inner thigh stretch on left, then in a smooth, fluid motion switch to the left side so that left leg bends and right leg remains straight	Maintain small lunge position with feet slightly wider than hips and slightly turned out, perform a squat then gently shift side to side while maintaining position.
Single leg swings	Standing on left leg, gently sweep right leg in front of you as arms sway to the right (left arm crosses chest) then sweep right leg behind you as arms sway to the left (right arm crosses chest). Forward and back in one motion is one rep. Repeat with left leg, arms opposite directions. 4 reps each side.	Standing with one leg forward and one back, bring the back leg knee to the chest as you press gently with the hands on top of the knee. release the knee to starting position and let the arms swing down to the sides or slightly behind as tolerated.
Soaring Crane	Standing with feet apart, hold arms out to side at shoulder height. Slightly bend one knee, and in one fluid, gentle motion pull your right arm in toward you by bending at	Can do in sitting

	elbow, then push it out away from you by straightening elbow. Repeat to other side.	
Running in place, swinging arms	With feet together, bend one knee at a time by lifting the heel of the same foot. Keep feet on the floor at all times, lifting only the heel. Swing your arms naturally.	in sitting lift and lower the heels pressing through the feet
Shoulder Shrugs with rolls (Fast/slow)	Start in a comfortable stance, with your shoulders relaxed. Now shrug both shoulders, then push them back (squeezing shoulder blades together) and then lower them down. To repeat, roll shoulders forward first, shrug, squeeze shoulder blades together, then lower them down	Perform in sitting
Polishing the Halo	Standing with feet apart and arms over head, grab your right hand with your left hand and keep them together palms facing the ceiling. Now make small circles with your arms over your head, keeping your elbows as straight as possible.	
Fluid stretches: ***Wrist flexors*** ***Wrist extensors*** ***Radial side*** ***Ulnar side***	With your elbows bent and out to the side, lift/lower your elbows (like flapping wings) so that your wrists and hands "flop" in a relaxed way. Reverse your hands so that the palms face up, and repeat the exercise. Now change your hands so that your palms are facing away from you, and flap elbows. Wrists/hands look like you are using salt and pepper shakers. Repeat the same "salt & pepper shaker" motion with your palms facing toward you.	May not be suitable for those with hypermobility.
Janet Jackson with cervical spine shifts **Seaweed with rib shifts**	Sitting, lead motion with head by side bending it to right, allowing trunk and rib shifting to follow as you slowly begin to switch to the other direction by side bending head to the left, followed by the trunk/ribs, in a snake-like movement. Sitting in a chair with feet comfortably on the ground, lead motion with rib shift to right, allow arms to follow as right shoulder, arm and hand go up in a "wave" motion. As you rib shift to left allow right shoulder, arm then hand to come down as left shoulder,	Not recommended for those with cervical instability Can perform by leading with the shoulders and maintaining neutral cervical position Keep arms low and maintain neutral cervical position

	arm and then hand come up, all in a single "waving" motion.	
Chin forward and back, deep cervical flexion	Sitting or standing with proper posture, tuck chin slightly and bring your head back so that your ears are in line with your shoulders, hold position for 3-5 seconds and relax back to neutral. Repeat.	Perform sitting with head on ball/pillow against wall. gently push back of head into ball (isometric)
Head side to side (genie coming up from lamp)	Begin with standing with correct posture, making sure your cervical spine is in a neutral alignment. Think of pushing your ear to the wall without tilting your head. Slide left and right, keeping your head level.	Not recommended for those with cervical instability Perform in sitting: place hand on either side of head. Isometrically press side of head into hand.
Fingers: Rubbing hands together	Rub left/right hands together briskly, creating a gentle warmth.	Can be difficult for those with hypersensitivity
Fingers: Clasp hands and twist	Clasp your hands together. Keeping your fingers interlocked, twist your wrists so that the base of your hands are rubbing together and you are wringing your hands.	gently clasp and unclasp hands rotating between R on top and L on top
Fingers: stretching fingers apart (with/without wrist circles)	Stretch your left arm out in front of you and flex your wrist so the palm is facing away from you. With the other hand, fingers pointing down and palm toward you, start sliding your fingers upward, against the left hand. Repeat with the opposite hand.	with arms outstretched flex and extend the wrists slowly
Fingers Bounces	Place fingers of one hand on top of the other and gently bounce.	
Fingers: Stretch into claw position	Hold x 15 seconds, then small bounces. Tendon stretches: Palms facing each other, hand is straight, then "duckbill." Scoop the palm by bending fingers down and then straighten them to beginning position and repeat	Perform in pain free range
	Alternative Warm up Ideas for Hypermobility	
Seated pelvic tilt with Glute Squeeze **Squat Hovers from Chair** **Seated marches**	In sitting pull the belly button in and squeeze the butt to roll the pelvis under Sitting in a chair with feet hip width apart, shift the hips up off the table as if you are going to stand. Hold 3-4 inches off the table for 5-10 sec then return	

Scapular retractions/no money **Towel/Ball gripping**	In sitting, move your back away from the back of the chair with feet firmly planted on the floor. Maintaining an upright posture, lift and lower each knee as if marching while keeping the abdominal braced, hold for 3-5 sec and repeat In sitting with elbows bent to 90. Open the arms away from each other as you pull the shoulders back and down while squeezing the shoulder blades together. hold for 3-5 sec and repeat using a towel or soft ball, gently squeeze and release holding for 3-5 sec each.	

Cool-Down:

- Slow down movements
- Gentle elongation poses
- Should be performed immediately after activity for best results

*Note about stretching: ballistic stretching stimulates a protective response and makes the area feel "tighter" and less responsive. It promotes guarding and alerts the nervous system that something bad is about to happen.

Purpose:

- ❖ Restores the heart rate, breathing, muscle tension
- ❖ Disperses the fluid build-up from using certain muscle groups extensively
- ❖ Sets the nervous system and prepares the system for sleep and recovery

Considerations for those with hypermobility:

- ❖ Dynamic vs Static stretching
- ❖ Stay in normal ROM
- ❖ Utilize massage/foam rolling for muscle tension rather than stretching

Cool Down Exercises:

Exercises:	Descriptions:	Modifications for Hypermobility
Roll-downs	Start standing and slowly roll down one vertebra at a time. Begin by dropping your head, then let your shoulders follow and finally your lower back so you are hanging over, bent at the waist.	Perform in sitting OR Decrease Range Will be difficult for those with POTS
Hang-overs, swing side to side	From the above position, let your head hang and swing your torso from side to side gently, letting your arms swing freely. Roll up one vertebra at a time so that your head is the last thing coming up to standing.	Perform in Sitting Roll up without torso swing Will be difficult for those with POTS
Leaning back	Leaning back, roll one shoulder back, following it with your head and eyes, then roll the other shoulder back as the first shoulder returns to neutral. Slightly bend your knees and let your head roll up towards the ceiling.	Perform in sitting Roll shoulders without head movements can do single shoulder or both together

Yoga arms (with/without twists)	Place palms together as you bring your hands up over your head, straightening your elbows. Release your palms and press your arms (palms down) down to your sides. Reverse, starting arms at sides, lifting up so that the back of your hands touch each other. Reverse hands so palms touch, then lower the hands through the center—keeping palms together—to starting position. To add twist, lift arms up through center, turn torso to right or left as your release hands and lower your arms down. Return to forward, and repeat to other side.	Perform in Sitting, stay in normal or decreased ranges Perform without Twist
Rubbing: face, neck, trunk, arms, legs	Rub both hands on your body: arms, underarms, ribs, back, lower back, legs, as if washing in the shower.	May be uncomfortable for those with increased sensitivity
Clapping arms, neck, shoulders, trunk, legs	Using one arm at a time, start clapping or cupping your hand on the opposite arm, the chest, the shoulders, ribs, hips, back and front of legs.	May be uncomfortable for those with increased sensitivity
Relaxing face with breath	Rub hands together to make them warm, then place them over your eyes and face to relax the face. Gently pull down as you allow your jaw to hang open	May be uncomfortable for those with increased sensitivity With tongue on roof of mouth gently open and close the jaw with gentle circles to massetter/temporalis
Wrist Flexion/ Extension Static stretching		Dynamically flex and extend the wrist perform wrist circles Wrist Alphabet
Expel Chi	Start with knees bent and inhale deeply through your nose as you raise your arms up yours sides. Exhale quickly to expel the chi as you drop your arms to about 90˚ with palms facing up. Turn to your right 90˚ and repeat facing that direction. Repeat to all four directions.	
	Alternative Cool Down Ideas for Hypermobility	
Seated/Supine Chin tucks with Diaphragmatic breathing **Dynamic neck stretch** **Dynamic wrist stretching** **Seated Cat Cow with roll down**	In sitting, inhale through the nose then exhale through the mouth as you brace the abdominals and tuck the chin for spinal elongation Gently move the neck forward and back, side to side and rotate without holding for more than 3-5 sec. Can do circles if comfortable. flex/extend, circle, alphabets as above In sitting perform cat cow, then roll down and up as tolerated for increased lumbar and thoracic stretch.	