

Additional Talking Points

You may find the following pages helpful in either training your volunteers or finding ways to talk to SO athletes about why certain exercises are important.

HAMSTRING MUSCLES

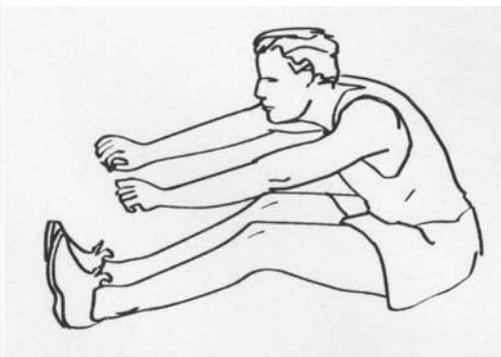
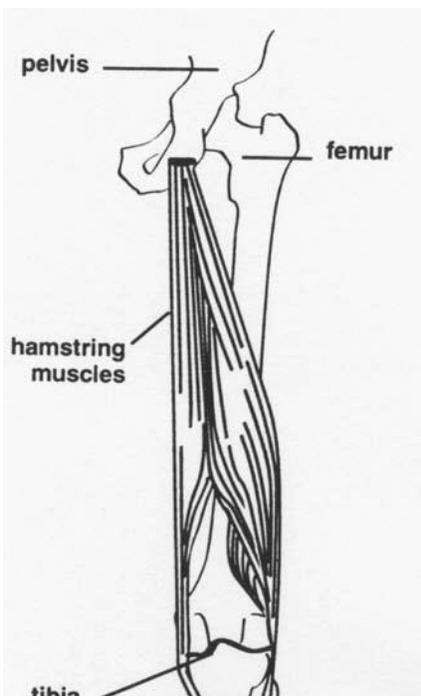
The hamstrings are three separate muscles that are located on the back of the thigh. They start on the pelvis bone and attach to the lower leg bones. (See picture below).

The hamstring muscles bend your knees and also pull your hips back.

The flexibility of the hamstring muscles is important for your daily activities and for your sports.

If the hamstring muscles are tight, these problems can occur:

- Bending forward may put stress on your lower back, and could cause pain or injury.
- Your leg is not able to move as far forward when you run, kick a ball or jump.
- You can injure the bone where the hamstring attaches, causing swelling and pain.
- You can hurt the muscle, causing a strain.



CALF MUSCLES

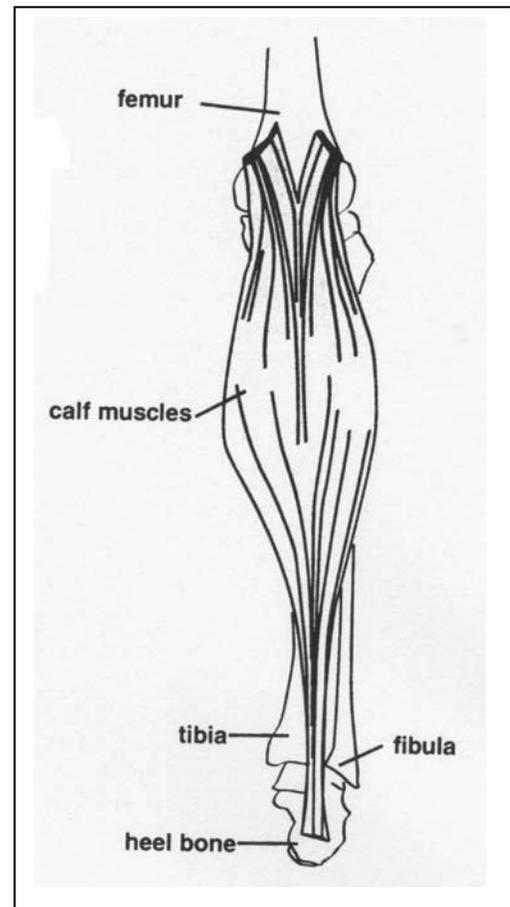
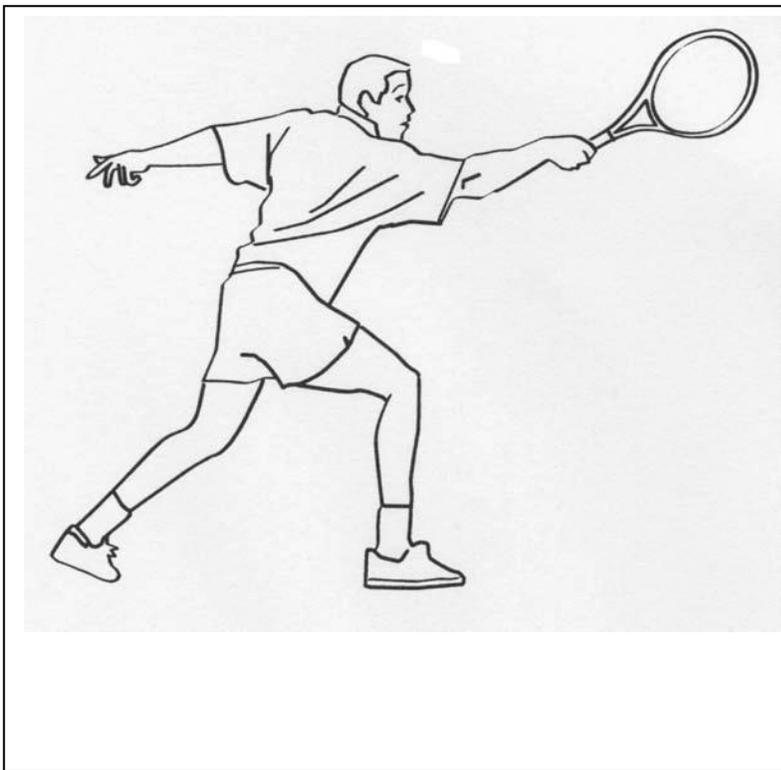
The calf is made up of two muscles that are located on the back of the lower leg. They start on the thigh bone, and the lower leg bones. They join to hook at the heel. (See picture below).

The calf muscles point your foot down, or help you go up on your toes.

The flexibility of the calf muscles is important for your daily activities and for your sports.

If your calf muscles are tight, you may have the following problems:

- Trouble getting your heel flat on the ground.
- Activities like walking, running or hopping will stress the muscle, and can cause heel pain.



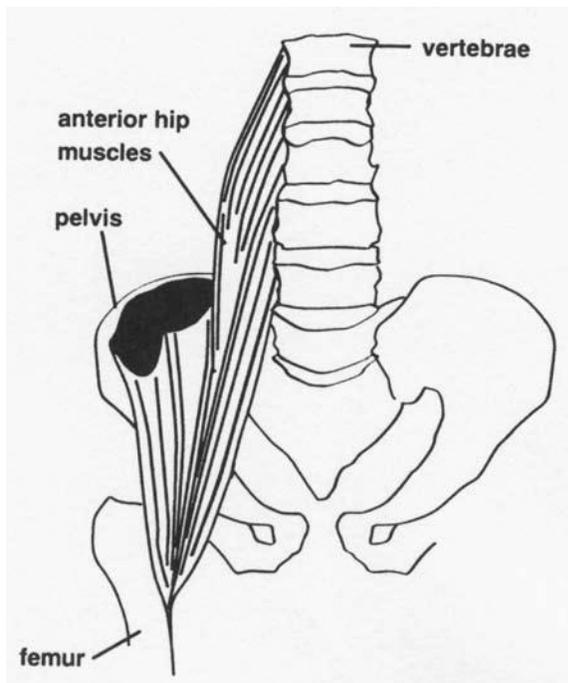
ANTERIOR HIP MUSCLES

There are three anterior hip muscles that are located on the front of the hip and thigh. Two of the muscles start on the pelvis, and the third begins on the bones of the lower back. They attach to the thigh bone. (See picture below).

The anterior hip muscles bend your hip forward. The flexibility of the hip muscles is important for your daily activities and for your sports.

If the anterior hip muscles are tight, you may have these problems:

- The muscles can get hurt when you move your leg in big motions, as in gymnastics and softball. This motion can cause swelling and pain in the front of your hip.
- The muscles can pull on the lower back. This pull can cause pain in the lower back, or increase the curve of the lower back.



SHOULDER ROTATOR MUSCLES

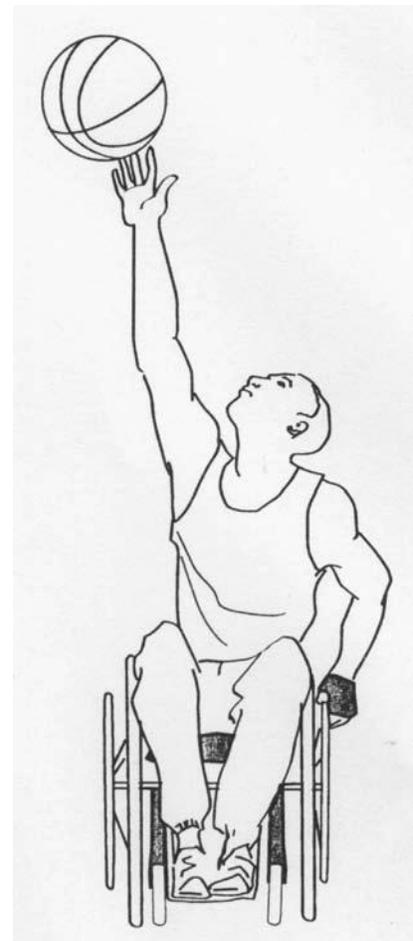
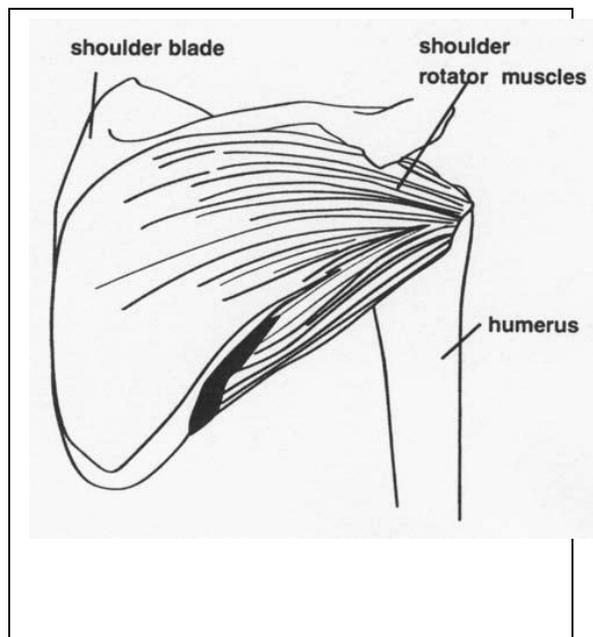
The shoulder rotators are a group of three primary muscles that start on the shoulder blade, and attach to the upper arm. (See picture below).

The shoulder rotator muscles turn the arm in and out, and help hold the shoulder joint together.

The flexibility of the shoulder rotator muscles is important for your daily activities and for your sports.

If the rotator muscles are tight, you may have these problems:

- It is difficult to perform actions like throwing, reaching behind your head, or reaching into your back pocket.
- The tightness can cause pressure on your shoulder as you move. This pressure could cause pain.



QUADRICEPS MUSCLES

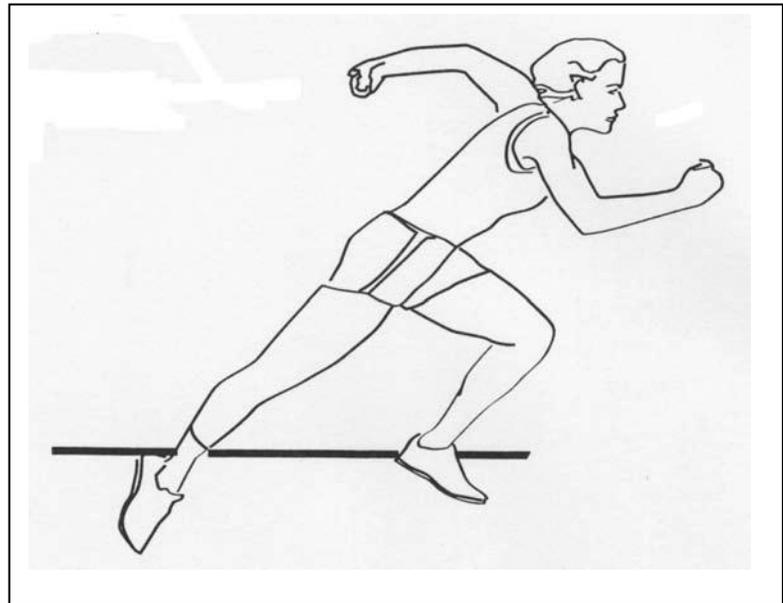
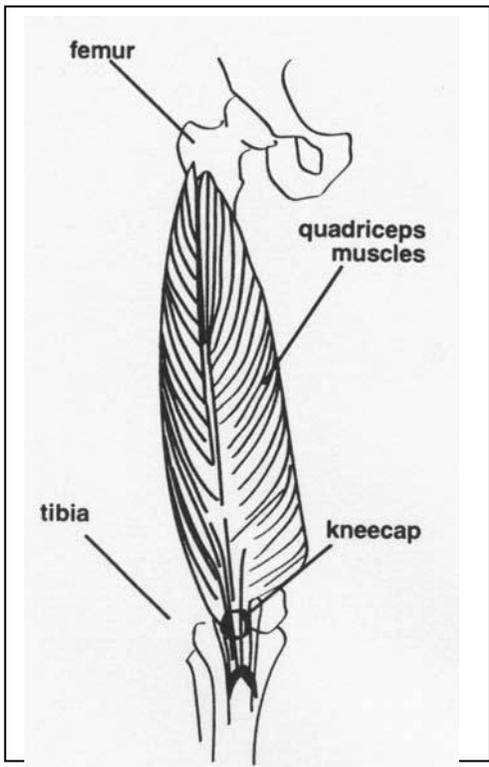
The quadriceps are made up of four muscles. These muscles are located on the front of the thigh. They begin on the pelvis and thigh bones, go over the knee and attach to the leg bone. (See picture below).

The quadriceps muscles straighten your knees. The muscles also control slow bending of the knee.

The strength of the quadriceps is important for your daily activities and for your sports.

If the quadriceps muscles are weak, you may have these problems:

- You may have trouble walking, or running down steps.
- You may not be able to jump high, or land easily.
- You may have trouble squatting.



ABDOMINAL MUSCLES

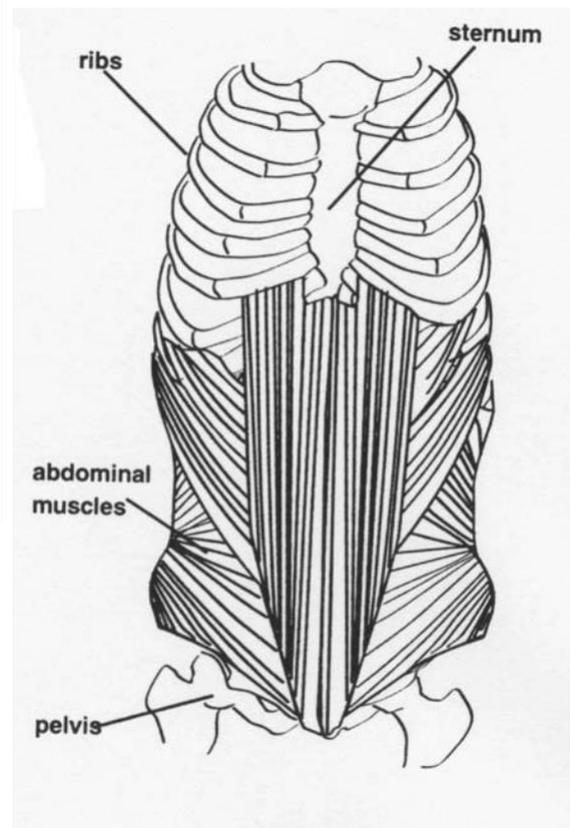
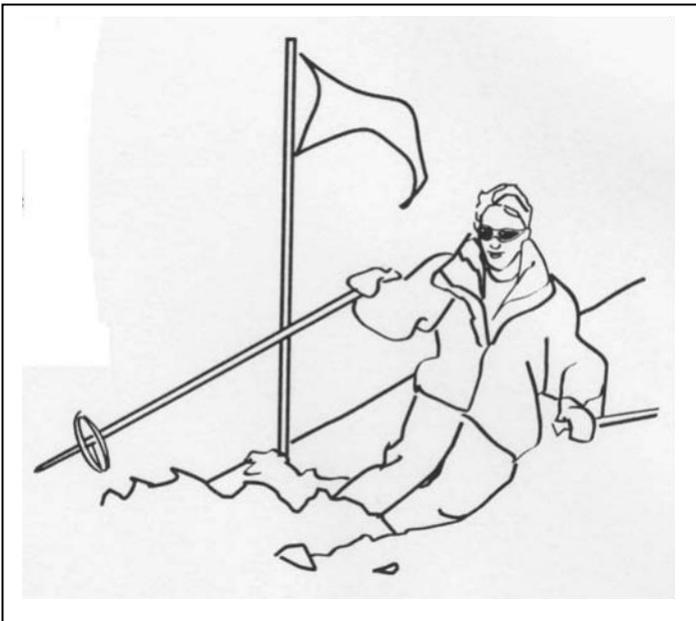
The abdominal or stomach muscles are a group of muscles located on the front and sides of your trunk. The abdominal muscles begin on the ribs and breastbone. They end on the pelvis bones. (See picture below).

The abdominal muscles help you sit up. They also support your internal organs and lower back.

The strength of the abdominal muscles is important for your daily activities and for your sports.

If your abdominal muscles are weak, you may have these problems:

- You may have trouble doing sit-ups.
- Your back has less support, and may arch more than it should.
- Your stomach and organs have less support, and your stomach may stick out.



HAND GRIP MUSCLES

- The muscles that grip are a group of many muscles located in your forearm and hand. (See picture below).
- The grip muscles begin on the elbow and forearm
- They attach on the hand and finger bones.
- The grip muscles help you pick up and hold things.
- They also help you grab and release things.
- The strength of the grip muscles is important for your daily activities and for your sports.

If your grip muscles are weak:

- You may have trouble picking things up.
- You may have trouble holding things.
- You may have trouble lifting things.



ARM AND SCAPULAR MUSCLES

- The upper arm and scapular muscles are a group of many muscles (See picture below).
- The scapular muscles are located on the back of your chest.
- The scapular muscles begin on the shoulder blade, ribs and spine, and end on the shoulder blade or the upper arm.
- The arm muscles are located on the shoulder and upper arm.
- The arm muscles begin on the shoulder blade and upper arm, and attach to the bones of the elbow and lower arm.
- The arm and scapular muscles help you push up.
- They help you move around and push yourself and other objects.
- Strength of the arm and scapular muscles is important for your daily activities and for your sports.

If your arm and scapular muscles are weak, these problems may occur:

- You may have trouble doing push-ups.
- You may have difficulty pushing and pulling.
- You may have difficulty with heavy tasks like lifting and throwing.



BALANCE

Balance is your ability to control the position of your body while standing or moving. Balance allows you to stand and move without falling.

Balance depends on these things:

- The use of your eyes
- The balancing system in your ears (vestibular system)
- The nerves in your joints, or joint monitors

When your eyes are covered or closed, you depend more on your balancing system and joint monitors.

When you move, your eyes watch where you are going, but you still use your balancing system and joint monitors.

Balance is important for your daily activities and for your sports.

If your balance is poor, you may have these problems:

- You may fall more easily when you stand up or move.
- You may trip or fall when you run and jump.
- You may fall more easily when you turn or reach.

