

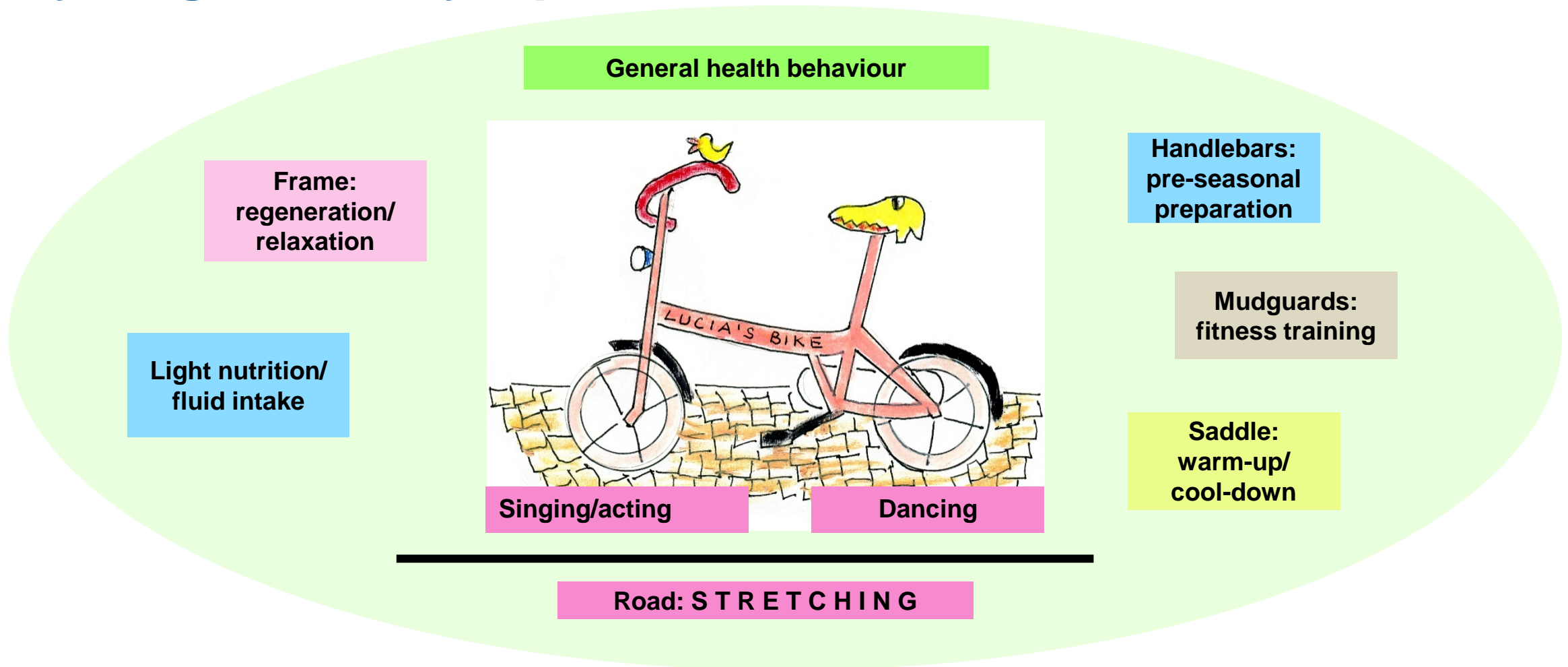
When the heart is pounding like mad...

Change behaviour – become more efficient

Eileen M. Wanke



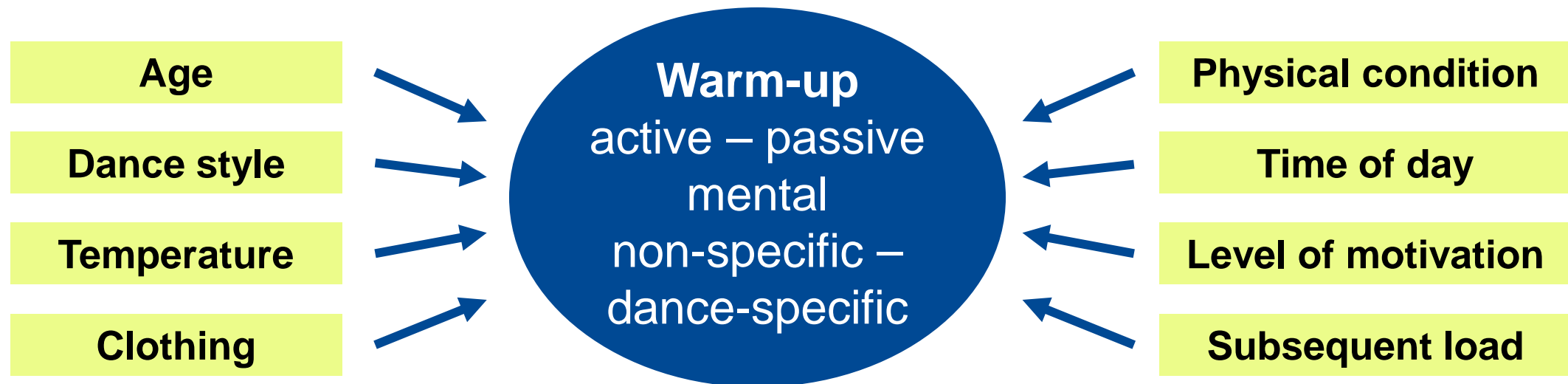
Cycling is healthy – prevention



Warm-up

‘...which serves to establish an optimal psychophysical and coordinative/kinesthetic state of preparation as well as injury prophylaxis prior to a physical/mental load (...).’

(Weineck 2007, S. 939)



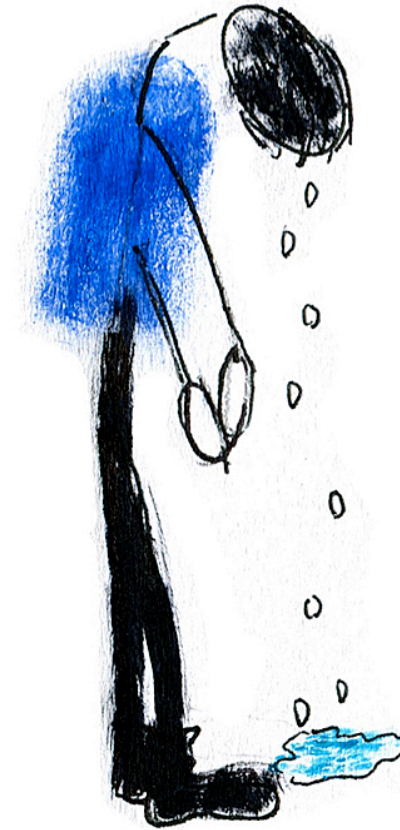
Warm-up: 10 tips (1)

- Everyone joins in
- Especially for members suffering from stage fright the warm-up should be sufficiently long and of low-intensity
- For the genre-specific warm-up, it can be useful to wear the specific footwear already
- Duration approx. 20–30 minutes
- Ritualised basic warm-up “for all eventualities”

Warm-up: 10 tips (2)

Warm-up: structure

- slow to fast
- low to high intensity
- small to large (increasing range of motion)
- static to dynamic



Warm-up: 10 tips (3)

- **Caution:** a warm-up that is too intensive can reduce performance, as well as a warm-up that is too weak.
- Appropriate clothing (breathable fabrics etc.)
- **Caution:** during rest periods, the body cools down again so that the warm-up may have to be repeated.

Effects of a warm-up (1)

(compare Weineck, p. 946, see background information)

- ▲ Blood circulation: musculature, digestive organs
- ▲ Transport to and from the body for muscle metabolism
- ▲ Metabolism and enzyme activity (temperature rise)
- ▲ Reactivity of the sensory organs – willingness to perform, perception and attention
- ▲ Improvement of impulse transmission in the nervous system: responsiveness and contraction speed of musculature and coordination

Effects of a warm-up (2)

(compare Weineck, p. 946, see background information)

- ▲ Stretching capability, resilience of joints increases
- ▲ Respiration, cardiac output, blood volume
- ▼ Stage fright and anxiety

Cool-down – tips (1)

(modified according Wanke 2005, Engel et al. 2006, Weineck 2007, Wanke 2011, see background information)

- Relaxing music
- Pleasant lighting conditions in the room
- Orientation on previous load
- Low-intensity stimulation
- Avoid exercises that cause further fatigue of already strained muscle groups.
- If necessary, put on warm clothing



29 - 30 - 31 - 32

Cool-down – tips (2)

(modified according Wanke 2005, Engel et al. 2006, Weineck 2007, Wanke 2011, see background information)

- Adaptation of the cool-down to the time of year and time of day
- Inclusion of relaxation and limbering exercises
- Observance of the general mood

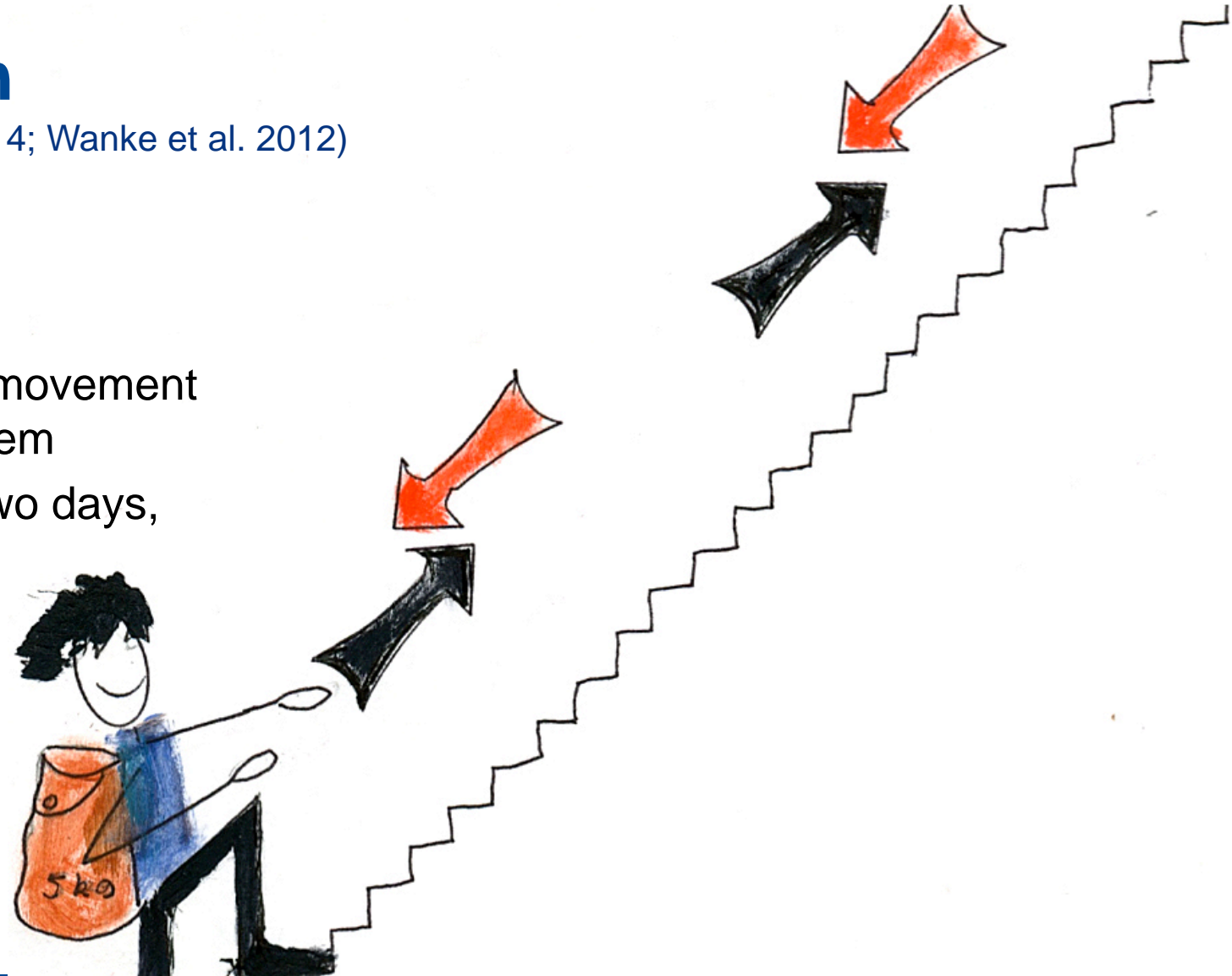


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Pre-seasonal preparation

(modified according Wanke 2005, 2011, 2012, 2014; Wanke et al. 2012)

- Curing old (possibly chronic) injuries
- Getting into shape
- Targeted, also non-specific forms of movement and stress of the cardiovascular system
- Scope: 2 weeks before start, every two days,
- 30–60 minutes, increase

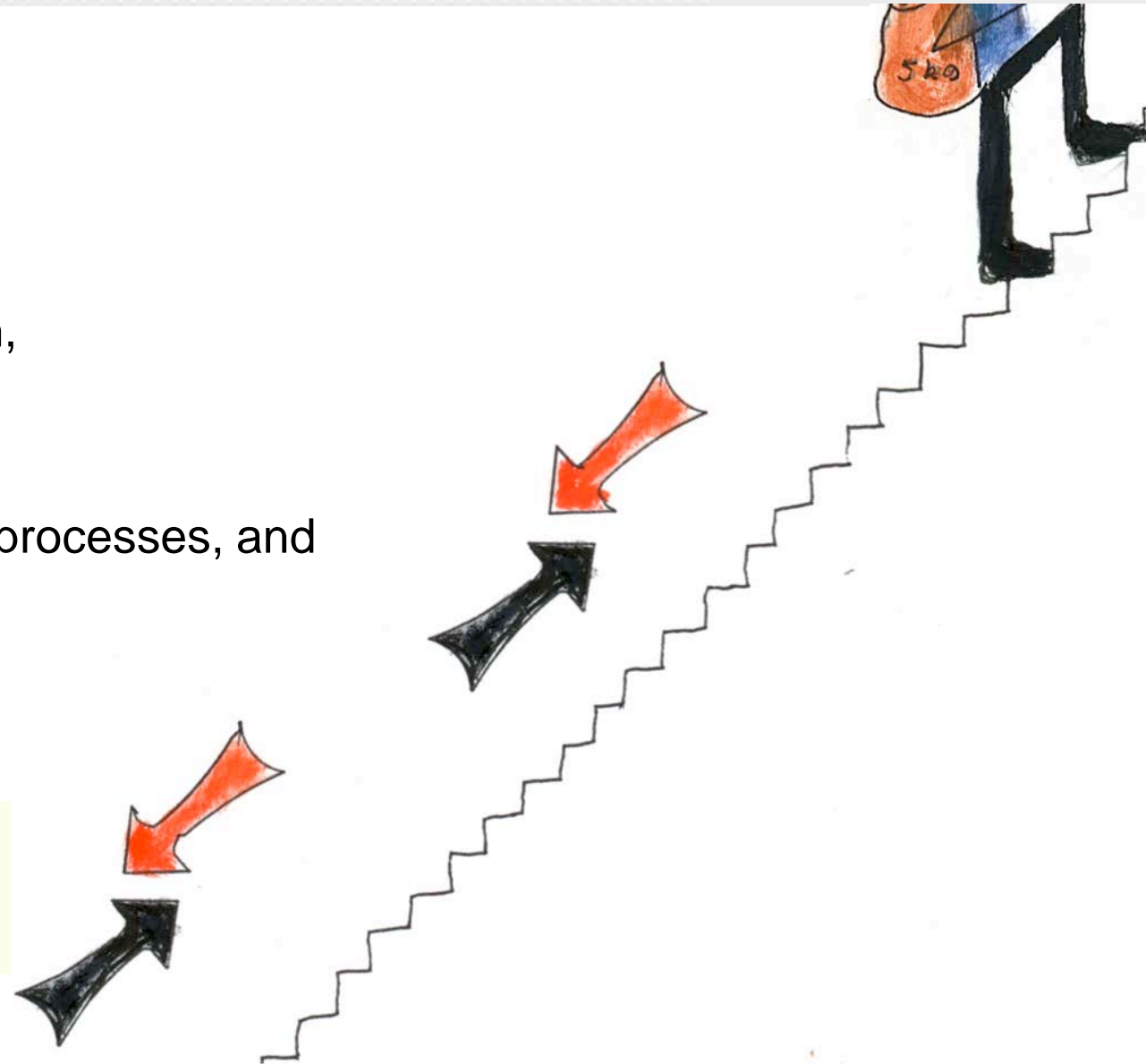


Fitness training – why?

In order to

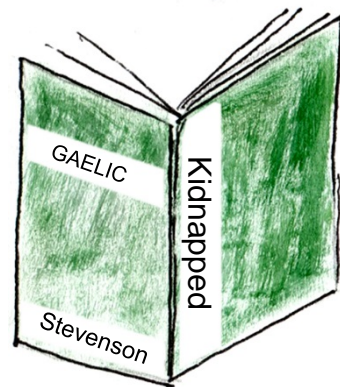
- economise cardiovascular and lung function,
- perceive loads as less strenuous,
- delay onset of fatigue,
- enhance speed and quality of regeneration processes, and
- avoid injuries caused by fatigue

‘Overuse, fatigue and stress are the three most frequently mentioned causes of chronic musculoskeletal complaints.’ (Wanke et al. 2012)



Regeneration und relaxation

(modified according Wanke 2005, 2011, S. 129ff)



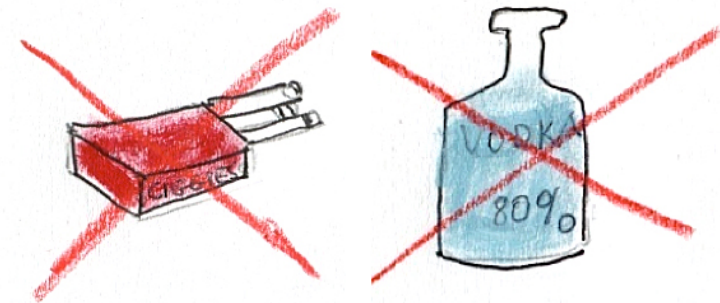
Expanding knowledge

Boredom and development/cultivate other interests

Taking time for regeneration and relaxation



Maintaining friendships and a social environment



Avoiding nicotine, minimising alcohol

Benefiting from relaxation techniques

Ensuring adequate nutrition/fluid intake

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Under www.vbg.de/prevention-musical-dance you will find the following additional material:

- Methodological-didactical commentary
- Background information for teachers
- Work sheets
- Media collection