

Cool Down

Purpose

Encourage mobility and flexibility, regulate blood flow, alleviate muscle tension, steady return to resting heart rate, thermoregulation.

Protocol

1. Light, slow paced exercise (such as jogging, walking, swimming, etc)
2. Stretch lower limb muscles: Calves, Hamstrings, Glutes, Groin, Quads, Hip Flexors and Lower Back
3. Address individuals with injuries, niggles or other musculoskeletal concerns

Need Help?

Inspire Health Services offer a range of sports performance, injury and nutrition services through our exercise physiology/sports science, physiotherapy and dietetics departments.

With a headquarters based in West End, Inspire Health Services also has practitioners that operate out of locations across Brisbane.

If you would like to find out more about preventing and managing injuries, increasing performance or getting the most out of your diet, get in contact today.

Address:

365 Montague Rd, West End
Brisbane

Phone:

(07) 3846 5134

Inspire Health Services