

Pickleball Warm-up & Post-Stretches

Common Injuries: Ankle sprain; Achille's tendonitis; Hamstring/Quadricep strain; Shoulder & wrist strains. 😞

*Other typical discomforts include Knee & Back pain; Hip pain

* Injuries due to falling (fractures)

Before Playing: We know that WARM muscles are less prone to injury so *ideally*, try a Few minutes of "Dynamic Warm-ups" before getting on the courts.

Examples: For Large Muscle Groups: Jog in place; Jumping Jacks; Jump Rope; High Knees; Butt kicks; side steps; "knee-to-chest/Quad stretch"

For back: "cat/cow" stretch (hands & knees, alternate *arching* and *rounding* back)

Additional Movements: *Trunk rotations *Arm rotations (small to large)

*Arms side-to-side *Wrist rotations/Forearm stretch (great for carpal tunnel)

*Ankle rotations; point/flex toes

*Neck: Gentle nods, down & up; Side-to-side; Massage base of skull

Remember...ANYTHING IS BETTER THAN NOTHING!!!

Tools that can assist with stretching (nice but certainly not mandatory)

-For Feet: *Massage using tennis ball, La Crosse ball, frozen water bottle

-For Back/Hips: Large foam roller (smooth or textured)

-For specific muscle groups (quads, hamstrings) smaller "stick" roller

-Yoga strap or fabric belt: Assists with stretching

-Yoga Block or blanket: Brings the floor closer to you!

After Playing: *You're nice and warm now! A great time to increase flexibility 😊

**Quadriceps stretch* (front of thighs): Heel-to-Glute (Good for balance too!)

**Hamstrings (back of thighs)/Lower Back:* Forward Fold with knees bent/grasp opposite elbows & sway gently (option to straighten knees for more of a hamstring stretch)

* *Calf/Achille's Stretch:* Feet in wide, stride position; lunge into front knee as you press the back heel down to the ground.

****Variation: “curb stretch”** (place the ball of the foot on the curb with heel in close; lean in to feel stretch from Achille’s all the way up calf muscles.

On a Mat:

***Lower/Mid-Back:** 1. Seated Spinal Twist: Sit with left leg extended, right knee bent w/foot close to groin; SIT UP TALL! Bring right hand behind for support; bring left hand across to right shin for gentle twist. Hold & breath for several seconds.

****Repeat on opposite side****

***Lower Back:** 2. Lying Down Knees-to-Side Stretch: Lying on mat, arms in “T” position; bend both knees and bring to your chest (knees together); Allow knees to gently melt toward the floor on the right side. *If knees don’t reach the floor, you can use a block or blanket under knees for support: Hold for several seconds.

****Repeat on Left side**

Hips (Piriformis): “Reclined Pidgeon:”** Lie down on mat, knees bent, both feet on mat; Cross right ankle over at left thigh; Thread right hand through opening and grasp left shin OR behind left thigh; Pull left knee toward chest, relaxing shoulders; hold for several seconds. *Repeat on opposite side****

***Hip Flexors:** Extended Lunge (demonstration) OR Kneeling Pelvic Tilt (demonstration)

Lots of resources are available online!!