

TAKE US WITH YOU

Warming up is critical

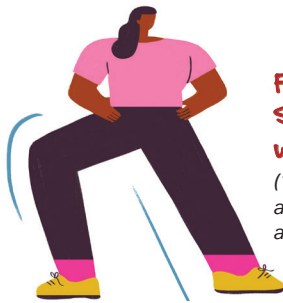


Walking Toe Touches

"Frankenstein" (1 min) across width of court and back

Knee Tucks with Calf Raise

(1 min) across width of court and back



Forward & Side Lunge with Rotation

(1 min) forward lunge across width of court and side lunge back

Shadow Swings

(1 min) Repetitions – 5 forehands and backhands; 10 serves short court progression suggested



Standing Quadricep Stretch

(1 min) Repetitions – 10 alternating legs progression

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10+

WARM UP ROUTINE

THIS 10-MINUTE, 10-STEP, evidence-based approach to injury prevention on the courts while playing racquet sports. Dynamic movement and flexibility training are essential elements of warm up and cool down.

- 1. Total Body Warm Up.** Jog with arm circles and side shuffle with arm swings. 1 minute, width of court and back.
- 2. Extend the Leg.** Walking toe touches "Frankenstein" walk. 1 minute, width of court and back.
- 3. Knee Tucks with Calf Raise.** 1 minute, width of court and back.
- 4. Lunges.** Forward lunge and side lunge with rotation. 1 minute, forward lunge width of court, side lunge back.
- 5. Shoulder Rotation.** 20 internal and external rotations on dominant arm.
- 6. Shadow Swings.** 5 swings each, forehand and backhand.
- 7. Triplanar Core Stability.** Lean back against a wall, rotate right, left, and twisting. 10 repetitions.
- 8. Eccentric Wrist Flexion and Extension.** 10 flexion and extensions right, 10 flexion and extensions left.
- 9. Knee Back.** Standing quadricep stretch. Stand forward bracing against a wall and bend leg at knee up to back. 10 total, alternating legs.
- 10. Standing Calf Stretch and Hamstring Sliders.** 10, alternating left and right legs.



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