

## Pickleball Dynamic (Active) Warm Up- Lower Body

### Court power walk/slow jog

3-5 min



NOTES: Walk or jog at a fast enough pace to increase heart rate, pump arms to get blood flowing.

### Double Leg Heel Raises

20x



NOTES: Knees stay straight, squeeze the glutes, raise and lower heels slowly and with control.

### Leg Swings (front and side)

10x each



NOTES: Swing should be high enough to feel a gentle stretch in the legs, may hold onto wall or fence.

### Walking hamstring scoops

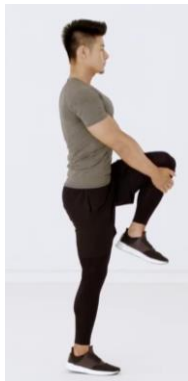
10x



NOTES: Toe is flexed and knee is straight, keep back flat when scooping and reach arms forward.

### Walking Knee Hugs

10x



NOTES: Stand up tall when hugging knee, may hold onto wall or fence for support.

### Walking Hip Flexor Stretch

10x

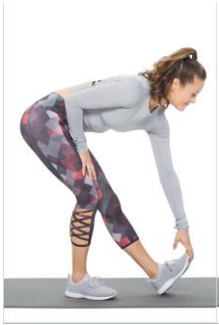


NOTES: Stand up tall with core tight, leg in back has extended knee, press hips forward to feel stretch at the front of the extended leg. May hold wall or fence for support.

## Pickleball Static (Holding) Cool Down- Lower Body

### Bent Over Hamstring

Hold 2x30 seconds each



NOTES: Supporting leg is bent slightly, active leg is straight with toe flexed, back is flat. Reach towards the toe and hold.

### Standing Quad Stretch

Hold 2x30 seconds each



NOTES: Stand up tall, core is tight and hips are pressed forward. Knee is pointed towards ground and is pulled in towards standing leg.

### Standing Calf Stretch

Hold 2x30 seconds each



NOTES: Active leg (in back) has a straight knee, press forwards until a pull is felt in the calf and hold.

### Seated Glute Stretch

Hold 2x30 seconds each



NOTE: May modify and perform sitting in chair.



**Facts:**

-Warming up with a dynamic (active) warm up prepares the muscles for explosive movements and gets the body ready for activity.

-Cooling down with a static (holding) cool down lengthens the muscles and can help with mobility and recovery.

-The chances of injury to muscles, ligaments and tendons increase dramatically if a consistent warm up and cool down are not followed!

-Other ways to prevent injury include cross training (participating in low impact activity on days that one is not playing pickleball) and resistance/strength training.

-Hydration **dramatically** impacts the body's ability to be active as well as recover after intensive activity. Make sure to hydrate with water or sports drinks before, during and after pickleball!

# **Preventing Shoulder Injuries in Racquet Sport Athletes**

This exercise program is designed to work on strengthening the major muscles necessary for preventing shoulder injuries in racquet sport athletes. Each movement is designed to improve strength, power and endurance of the shoulder and arm muscles.

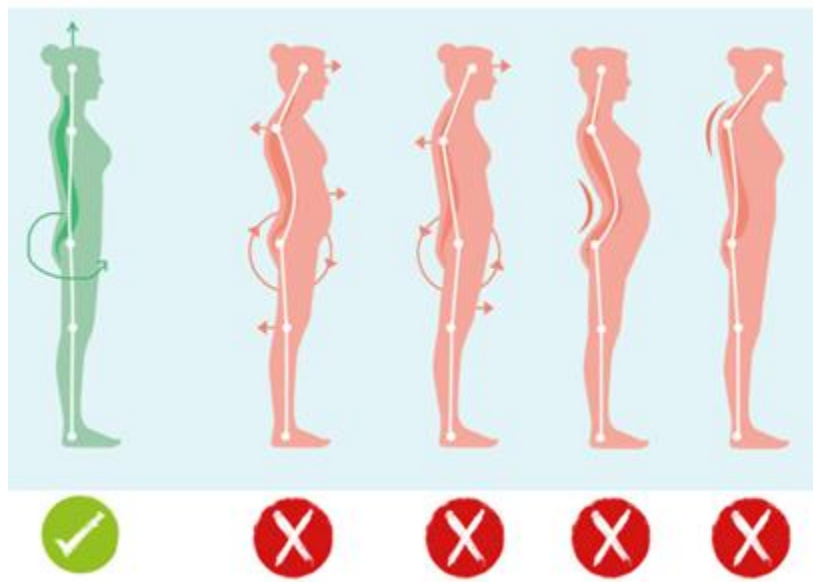
## Fundamentals of Posture

Ears, Shoulders, Hips, Knees, Ankles in Line

Lift chin

Squeeze shoulder blades together and open up chest

Stand up tall



Squeeze abdominal muscles

### **Exercise Sets/Reps/Frequency**

Complete exercises 3-4x per week

Complete 2-3 sets of 6-10 repetitions per side

\*Exercises should be pain free

### **Stretching Sets/Reps/Frequency**

Complete stretches daily

Hold each stretch for 2-3 sets of 30 seconds each

**Exercise**

**Start Position**

**End Position**

**Internal Rotation-  
towards the body  
Band Position: Middle**



**External Rotation- away  
from the body  
Band Position: Middle**



**Single Arm Row  
Band Position: Middle**





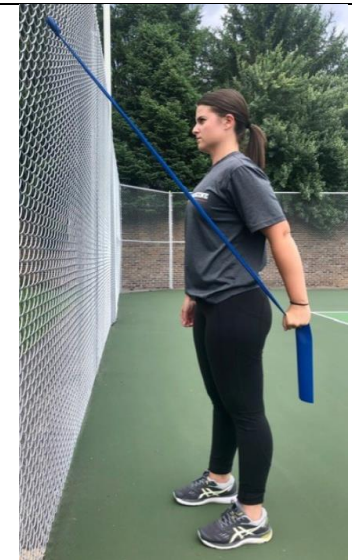
**D1**

**Band Position: High**



**Extension**

**Band Position: High**



**Abduction**

**Band Position: Low**





**D2**

**Band Position: Low**



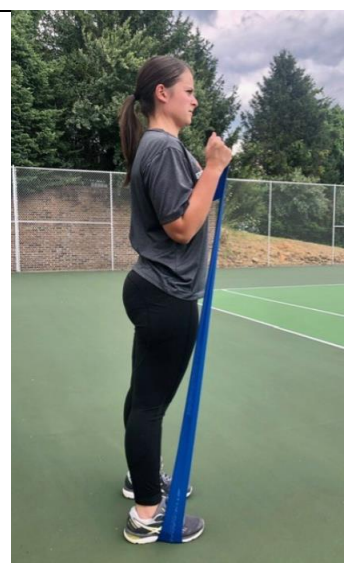
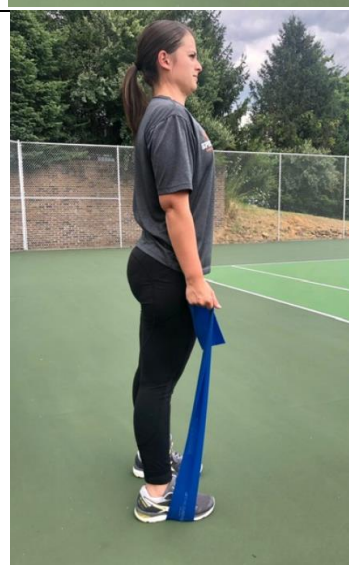
**Pull Apart**

**Band Position: Free**



**Bicep Curl**

**Band Position: Free and Standing**



## Stretches



**Arm Across**



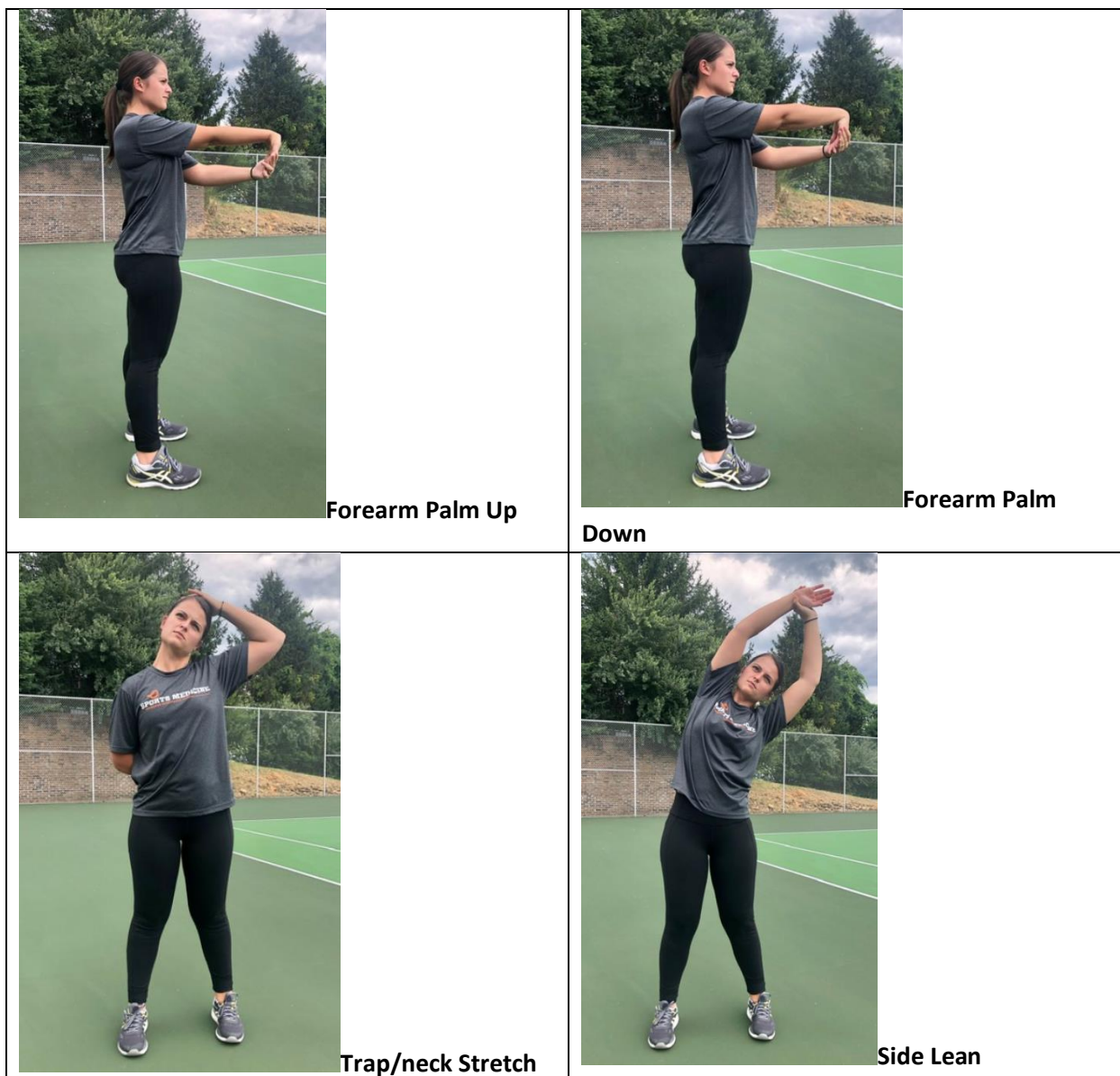
**Chest Opener**



**Arm Over Top**



**Internal Rotation with  
Band**



**Questions? Comments? Concerns? No Problem!**

Gina McAlear, MS, ATC can be found at the Wellness Center DAILY from 8:00am-12:00pm for injury assessment, home exercise programs, physician referrals or any other general sports specific or orthopedic questions.

Gina can also be contacted via email at [mcalearge@tocdocs.com](mailto:mcalearge@tocdocs.com)

## **What is TOC Injury Assessment?**

Tennessee Orthopaedic Clinics and the Timeless Tellico Foundation have partnered to provide free injury assessment to Tellico Village employees, property owners and recreation members. It is an opportunity to talk to Gina McAlear, MS, ATC, who is a Certified and Licensed Athletic Trainer, about injuries to bones, joints and muscles. In addition to injury assessment, Gina also is able to help with home exercise rehabilitation programs, transition from formal physical therapy to return to sport (golf, pickleball, exercise classes, etc.), exercise programs/routines after surgery, injury or joint replacement and any other general sports medicine or orthopedic questions. Gina also specializes in injury prevention for athletes and active adults.



Mary Kay Bogardus, left, works with Tennessee Orthopaedic Clinics athletic trainer Gina McAlear at the Wellness Center.



## **What is Athletic Training?**

Athletic training is a subdivision of Sports Medicine that encompasses the prevention, examination, diagnosis, treatment, and rehabilitation of emergent, acute or chronic injuries and medical conditions.



Gina McAlear, left, demonstrates shoulder exercises on Kahite Activity Center staff member Nicole Foxx.

## **How Can I Sign Up for TOC Injury Assessment?**

Appointments can be scheduled through [www.schedulepoa.com](http://www.schedulepoa.com) under “TOC Injury Assessment.”