

Villages Pickleball Club

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Warm Up First For Better Pickleball

How many times do you show up at the court, grab your paddle and start playing?

I know firsthand the frustration of being sidelined from a pulled muscle. To stay safe and get the most out of your pickleball game, you should include a pre-workout warm-up before you play. You will play better and reduce your chance of injury, particularly when playing in the morning when your body temperature is lower and therefore more susceptible to injury.

Take 5 minutes to get your body warmed up by elevating your heart rate with a quick jog a fast walk, or even bike to the courts and take another 5 minutes (or more!) to do some dynamic stretching of ankles, knees, hips, torso and shoulders. There are many websites that demonstrate dynamic stretching exercises that can be done on the court or right before you leave home.

A pre-game exercise routine will help you to be relaxed, focused and game-ready!