

Dynamic Warm-up Stretches for CantaMia Pickleball Classes

Purpose: Prepare the joints and attached muscles and tendons for increased range of movement. Increase circulation. Gently mimic the typical movements of the game. Self-monitor status of one's body before play.

Stretches to be done with low intensity ("soft") and gradually increasing ROM. Encourage students to listen more to their bodies and their knowledge of their own health status than any instruction. They decide how many reps as part of this self-monitoring. Encourage use of the fence for balance as needed.

Monitor for dizziness, shooting or radiating pain, numbness or weakness. Stop exercise and notify your healthcare professional as needed.

1. **Shoulder stretches** – Hands to shoulders. Rotate elbows in circular movements +/-5x both directions. Small circles to larger circles.
2. **Arms and Knee Lifts** – Reach both arms up overhead as you lift one knee high in a marching movement and bend knees as you come down. Repeat with other knee. About 5 times each side/knee.
3. **Shuffle, shuffle, shuffle and reach** – side step x3 to the right (no crossing of the legs) and reach high with right arm, side step x3 to the left and reach high with left arm. Repeat each side with a mid-height reach and then with a low reach (as if you were reaching for the ball). An alternative to this that mimics play is "shuffle, shuffle, shuffle, step forward" (with

foot opposite of arm that is “reaching” for the ball as you would do when transferring weight forward to hit a ball) “and swing.”

4. **Bend Knees and Toss “Ball”** – Toss imaginary ball from a bent knee, as you would in practicing third shot drop. Each arm 5x. Watch ball arc over net and land in kitchen!
5. **Quad stretch**- Hand to same side foot. Pull foot back toward buttocks. Pulsing movement. Repeat with opposite leg. Use fence for support. Or use alternate of “butt kicks.”
6. **Horse stance**- Feet angled out to sides, knees in line with feet. Bend knees as you gently pulse up and down. Tight belly.
7. **Torso rotation**- Hands on hips and twist with chest moving between 11:00 and 1:00, gently increase to between 10:00 and 2:00. (Caution those with osteoporosis re twisting)
8. **Step, step, plant**- Split stepping to front of court from “baseline.”
9. **Front Lunge**- step one foot forward. Knee over foot. Back leg lengthened and heel toward ground. Gentle pulsing and pressing heel down. Repeat with other foot forward.
10. **Toes and Heels**- Rise up onto ball/toes of foot. Walk in place on toes 5x. Walk in place on heels x5 (Repeat x3)

If you notice people having difficulty with balance, encourage all to use a focal point to assist with balance. In yoga, this is called a “drishti.” Note those people who have more struggle with balance and reinforce throughout the class for them to not run or walk backward.