

STRETCH YOUR WAY TO BETTER PICKLEBALL

A simple "stretching" routine may be all you need to see dramatic improvement in your Pickleball play. This very effective routine can be done in 5 minutes and will insure your muscles are limber, relaxed and ready to play.

If you have struggled with your flexibility and balance, it is most likely due to a decline in your range of motion due to muscle tightness. This one hour class will awaken your muscles and help you regain your flexibility and balance.

Addition instruction will be provided on basic first aid along with importance of hydration. Questions and answers on the use of ICE and/or HEAT on an injured area will also be discussed.

This class will be instructive and participatory. Participants should dress accordingly. ALL DESIGNED FOR YOU TO STAY FIT AND HEALTHY WHILE PLAYING PICKLEBALL, BABY!!!

BENEFITS OF STRETCHING

- 1) Most aches and pains will decrease dramatically or go away completely.
- 2) You can do your stretches anytime, anywhere – with no equipment.
- 3) No guesswork on your part. You know what to do and how much time you need to do it.

STRETCHING GUIDELINES

- 1) Most Important time to do stretches is at the end of your days' activities.
- 2) Perform the stretches in order.
- 3) Hold each stretch for 20 seconds, relax then repeat for another 20 seconds before moving onto next stretch.
- 4) The muscle group you are stretching should feel slightly tight which will diminish as you hold the stretch.
- 5) Cease any stretch immediately if you feel any pain or if tightness increases as you stretch.
- 6) Remember to breathe as this promotes relaxation and prevents an increase in blood pressure.
- 7) Perform this routine a minimum of 3 days a week – ideally five days a week is best.

BALANCE ROUTINE

15-20 SECONDS/EXERCISE,

- 1. STANDING SINGLE LEG KNEE UP HOLD RIGHT**
- 2. STANDING SINGLE LEG KNEE UP HOLD LEFT**
- 3. SLOW SUPPORTED WALKING HEEL TO TOE IN STRAIGHT LINE**
- 4. STANDING SHIFT WEIGHT FROM RIGHT LEG TO LEFT LEG
(WHILE LIFTING THE NON-WEIGHT BEARING LEG)**
- 5. STANDING RIGHT KNEE UP WITH HORIZONTAL ARM RAISES**
- 6. STANDING LEFT KNEE UP WITH HORIZONTAL ARM RAISES**
- 7. SEATED TURN AND REACH ALTERNATING**
- 8. SEATED MARCHING**
- 9. SEATED CALF RAISE TOES IN**
- 10. SEATED CALF RAISES TOES OUT**
- 11. SEATED FORWARD SHOULDER ROLLS**
- 12. SEATED BACKWARD SHOULDER ROLLS**
- 13. SEATED FINGERS OPEN WIDE TO FIST**

HOW MUCH AND WHAT SHOULD I DRINK DAILY?

- **NO SUGARY DRINKS
(INCLUDES SODA (DIET OR REGULAR),
GATORADE TYPE SPORTS DRINKS)**
- **WATER**
- **WATER + ESSENTIAL ELECTROLYTES POWDER
ADDED TO WATER (MAGNESIUM, POTASSIUM,
SODIUM AND CHLORIDE)**
- **½ YOUR BODY WEIGHT IN OUNCES OF WATER
THROUGHT THE ENTIRE DAY
(IE: 200 LBS WEIGHT = 100 OZ WATER =
5 BOTTLES OF BOTTLED WATER
1 MORNING
1 MID-MORNING
1 LUNCH
1 MID AFTERNOON
1 DINNER**
- **PEE CLEAR TO SLIGHTLY TINTED**

ICE

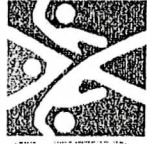
- ⊙ Ice pack, Ice massage and/or cold water
- ⊙ Used to lower temperature
- ⊙ Recommended to decrease inflammation and reduce pain
- ⊙ Applied 20 minutes on and 20 minutes off cycles
- ⊙ Never applied directly to skin
- ⊙ Used for first 24 – 48 hours post injury

- ⊙ Headaches
- ⊙ Sprains
- ⊙ Muscle Strains
- ⊙ Sore Joints
- ⊙ Swelling
- ⊙ Bursitis
- ⊙ Tendonitis
- ⊙ Bruises
- ⊙ Sunburn

HEAT

- ⊙ Hot packs, hot baths, moist warm towels, heating pads, water bottles
- ⊙ Used to increase temperature
- ⊙ Recommended to relax musculature due to chronic pain and spasm
- ⊙ Applied 20 minutes on and 20 minutes off cycles
- ⊙ Moist heat penetrates skin, dry heat warms skin only
- ⊙ Used 72 hours post injury

- ⊙ Back pain
- ⊙ Muscle aches and pain
- ⊙ Joint stiffness and pain
- ⊙ Minor Arthritis pain
- ⊙ Menstrual cramps
- ⊙ Muscle spasms



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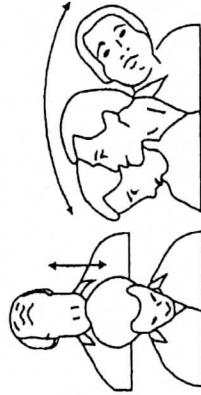


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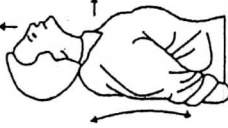
Hold each stretch for 3-5 relaxing breaths. Done often during work, these stretches will increase energy and comfort while reducing cumulative trauma stress. Discontinue if you feel discomfort other than simple stretching of tight muscles.

NECK STRETCHES



Bend head downward, and gently upward. Slowly and fully turn head to one side, then the other. Side bend the neck toward shoulder, hold, then look down.

CHEST AND SHOULDER STRETCH



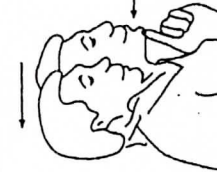
Clasp hands behind back and slowly straighten and raise the arms. Arch your back. Sitting forward in the seat or standing up may help.

BACK EXTENSIONS - Standing/Seated



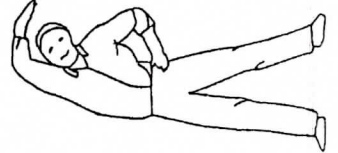
After sitting or bending, and especially prior to lifting or bending, place your hands on the low back, gently push forward, raise the chest upward and arch back.

CHIN TUCKS



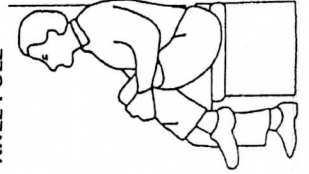
Pull the chin and head straight backward as if to make as many chins as you can! Hold for a few seconds, repeat three times.

SIDE STRETCH

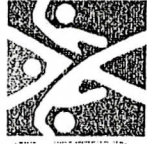


Bend the knees slightly and flatten the back with a forward tilt of the hips. Without twisting, reach high over your head. After 3 breaths switch sides.

KNEE PULL



With the back supported sit upright. Hold one knee and slowly pull towards the chest. Hold 3-5 breaths and switch.



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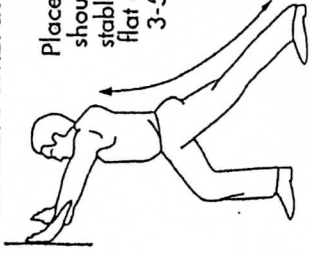
Try to do this entire routine on a daily basis. If you can't do them all the most important for you are the ones that feel the tightest.

HAND AND WRIST STRETCHES



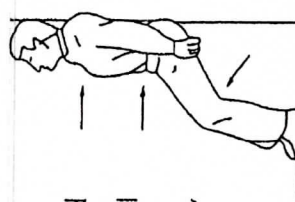
1. Straighten your arm with the palm up, and gradually apply downward and backward pressure against the fingers.
2. Reach over the top of hand gently pull the thumb straight back.
3. Repeat with the hand palm down and, pull fingers back.
4. Gently pull thumb straight back.

RUNNER'S STRETCH



Place hands above shoulder level on a stable surface. Heels flat on floor, Hold 3-5 breaths, then switch feet. Forward knee doesn't pass toes.

WALL SLIDE



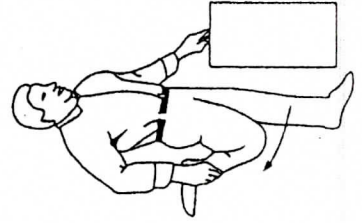
Lean against stable surface. Press or flatten lower back against surface or wall. For strengthening, hold wall slide position long as possible.

SHOULDER ROLLS



Roll shoulders forward in 3: large circles then backwards.

QUAD STRETCH



Place one hand on a stable surface. Stand upright and bend one leg. Hold foot lightly and pull back, Don't arch your back. Feel stretch in front of thigh. Hold 3-5 breaths each leg.