



PICKLEBALL
VISALIA PBVis.org

STATIC vs. DYNAMIC STRETCHING

— WHAT EVERY PICKLEBALL PLAYER SHOULD KNOW —

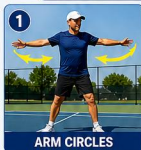


DYNAMIC STRETCHING (BEFORE PLAY)

Get your body ready for action

- ✓ Increases blood flow
- ✓ Improves mobility & balance
- ✓ Prepares muscles for quick reactions

DO THESE BEFORE PLAYING:



ARM CIRCLES



LEG SWINGS



WALKING LUNGES



TORSO TWISTS

DYNAMIC = MOVEMENT



STATIC STRETCHING (AFTER PLAY)

Help your body recover

- ✓ Reduces muscle tightness & soreness
- ✓ Improves flexibility
- ✓ Aids recovery

DO THESE AFTER PLAYING:



HAMSTRING STRETCH



QUAD STRETCH



CALF STRETCH



SHOULDER STRETCH

HOLD EACH STRETCH 20-30 SECONDS



REMEMBER:

DYNAMIC = *BEFORE* you play
STATIC = *AFTER* you play



PLAY SMART • STAY STRONG • KEEP PLAYING