



STABILITYX PHYSICAL THERAPY



The Everyday Athlete Warm-up Guide



DR. FARRAH ZAMOR, PT, DPT
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Introduction

Every single day there are thousands of people participating in recreational sports. Right now, pickleball is the hottest craze. It's attracting people of all ages to the court and bringing communities together in fresh new ways. However, over the past year I have seen numerous people coming to me with injuries sustained from playing pickleball as well as cycling, tennis, soccer, you name it- injuries ranging from low back pain to calf tears.

I created this ebook to be a free resource for those who want a consistent warm-up routine. Performing a dynamic warm-up prevents the risk of injury while playing pickleball or any other sport. These simple exercises do not require any equipment, but it would be helpful to have a small towel and a yoga mat to use. Whether you have these or not, you can get set and going with this warm-up routine in minutes. I hope you enjoy this resource.

Best Wishes,
Farrah Zamor, PT, DPT
StabilityX Physical Therapy



Neck

Exercise 1: Side Bending

- Sit or stand upright and actively bend your left ear to your left shoulder. Make sure not to bend your neck forward or shrug your shoulders up. Pause for 2 seconds
- Bring your right ear to your right shoulder. Pause for 2 seconds
- Repeat 30 times on each side



Neck

Exercise 2: Neck Circles

- Sit or stand upright and roll your neck in a full 360 degree motion in a clockwise direction 30 times
- Repeat in a counterclockwise direction 30 times



Neck

Exercise 3: Neck Turns

- Sit upright and actively turn your left ear to your left shoulder. Make sure not to bend your neck sideways. Pause for 2 seconds
- Turn your right ear to your right shoulder. Pause for 2 seconds
- Repeat 30 times on each side



Neck

Exercise 4: Flexion/Extension

- Sit or stand upright and actively bring your chin down towards your chest. Make sure not to shrug your shoulders up. Pause for 2 seconds
- Now look up towards the ceiling and pause for 2 seconds
- Repeat 30 times each way

Mid Back

Exercise 5: Thread the Needle

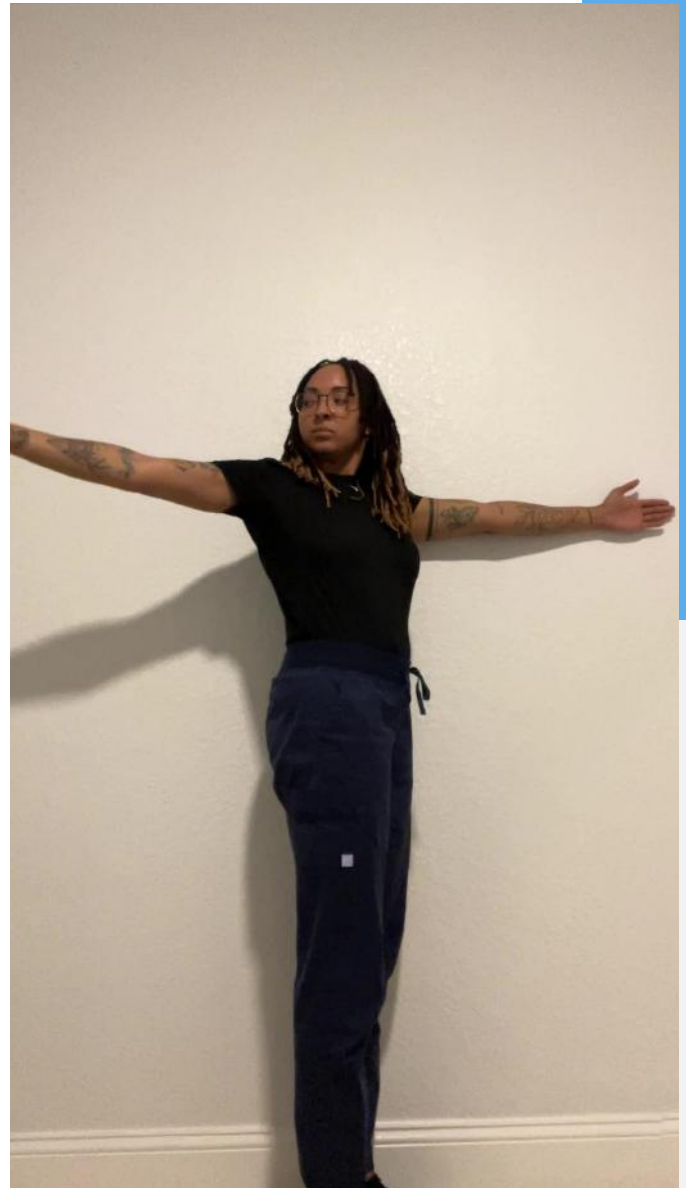
- Stand against a wall with both palms on the wall
- Thread/loop one arm across your chest and underneath the other arm
- Bring that same arm back across and up towards the ceiling as you rotate your trunk and follow the direction of your arm
- Perform for 2 sets of 10 then repeat on the other side



Mid Back

Exercise 6: Open Books

- Stand sideways against a wall with both arms out in front of you and palms together
- Rotate your trunk and bring one arm out and towards the other side (as if opening a book!), trying to reach the wall
- Repeat for 2 sets of 15 then switch sides



Mid Back

Exercise 7: Thoracic Extension

- Place your hands behind your head and tuck your elbows in
- Extend/bend backwards while trying to isolate the motion to your mid back only
- Repeat for 2 sets of 15



Low Back



Exercise 8: Cat Cow

- Get on your hands and knees while keeping your arms under your shoulders and knees under your hips
- Arch your low back only then round the low back, tilting your pelvis back and forth
- Repeat for 2 sets of 15

Low Back



Exercise 9: Child's Pose to Cobra

- Get on your hands and knees while keeping your arms under your shoulders and knees under your hips
- Sit back onto your heels while you stretch your arms out in front of you, keeping your palms on the ground
- Drive forward through your feet and sink your hips into the ground while keeping your upper body upright and hands underneath your shoulders in a cobra pose
- Repeat for 2 sets of 15

Low Back



Exercise 10: Lower Trunk Rotations

- Lay on your back with your knees bent and knees and feet together
- Slowly drop your knees to one side then slowly back towards the other side
- Avoid letting your low back arch or come off of the ground
- Repeat 30 times on each side

Exercise 11: Scapular Clocks

- Stand upright
- Moving your shoulder blades through a full 360 degree motion 30 times clockwise
- Repeat 30 times counterclockwise

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Exercise 12: Big Arm Circles

- Stand upright
- Keep your elbows straight and move your arms through a full 360 degree motion 30 times clockwise
- Repeat 30 times counterclockwise

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Exercise 13: Scapular Squeezes

- Stand upright
- Keeping your arms where they are, squeeze your shoulder blades back (as if trying to pinch a pencil between them) and down
- Avoid shrugging your shoulders up
- Repeat 30 times

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Exercise 14: Wall Slides

- Place your hand in front of you on a small towel against the wall while standing arm's width away from the wall
- Apply mild pressure to the towel and slide your hand up the wall, leaning your body in as your hand moves higher
- Come back down and repeat for 2 sets of 15
- Turn sideways so that your arm is to your side and repeat for 2 sets of 15

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Exercise 15: Shoulder Pinwheel

- Stand upright
- Take one arm and reach overhead to try touching the middle of your back
- At the same time, take your other hand and reach underhand to try touching the middle of your back
- Attempt to touch both hands together behind your back
- Switch the positions of both arms and repeat for 2 sets of 15

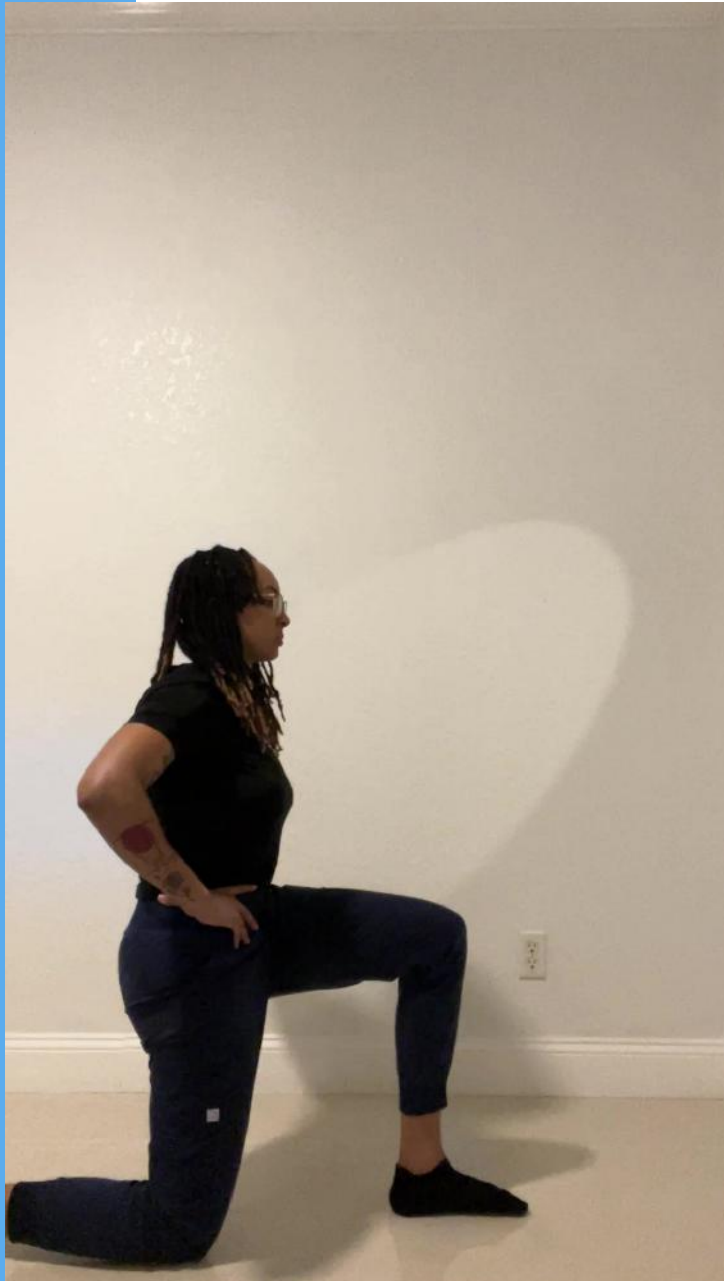
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Exercise 16: Hamstring Sweep

- While standing, keep one leg straight one step in front of you and bend the other knee
- Hinge at the hips and sweep the floor with both hands
- Alternate sides then repeat 5 times





Exercise 17: Hip Flexor Stretch

- Kneel on the floor and bring your left leg in front of you so that your left thigh is parallel to the ground, with your knee bent at a 90° angle
- Place your hands on your hips and roll/tilt your pelvis backwards by squeezing your glutes and tucking your butt underneath you
- Keep your back straight and shift your weight forward onto your knee until you feel a stretch at the front of your hip and thigh
- Hold for 3 seconds then return to your starting position. Repeat 10 times then switch sides



Exercise 18: Knee Drive Heel Raise

- Place your palms against a wall and position one leg behind the other in a staggered stance
- Drive your back knee forward while keeping your entire foot and heel on the ground. Once you reach your limit, hold that position for 5 seconds then raise up onto your tippy toes on that back foot while your knee is bent. Hold for 2 seconds, then lower your heel back to the ground
- Now go up on your tippy toes on your back leg with the knee straight. Hold for 2 seconds
- Repeat for 2 sets of 15 then switch the position of your legs and perform on the other side

*Move your back foot further away from the wall as you improve your ankle mobility over time

Exercise 19: Hip Swings

- Stand with your palms against a wall to maintain balance
- Kick one leg to the side as far as you can and then bring that same leg as far as you can across your body. Continue to swing that leg in a rhythmic manner
- Perform for 2 sets of 10
- Switch sides and repeat



Exercise 20: Ankle Circles

*This exercise can be performed sitting, laying down, or standing on the opposite leg if you want to challenge your balance

- Slowly move your ankle through a full 360° degree motion 30 times clockwise then 30 times counterclockwise. Try to isolate the movement to your ankle alone without moving the entire leg
- Repeat on the other side