

Injury-Smart Mobility — Neck and Shoulders

Use this mini-sequence to ease stiffness before serving or hitting overheads.

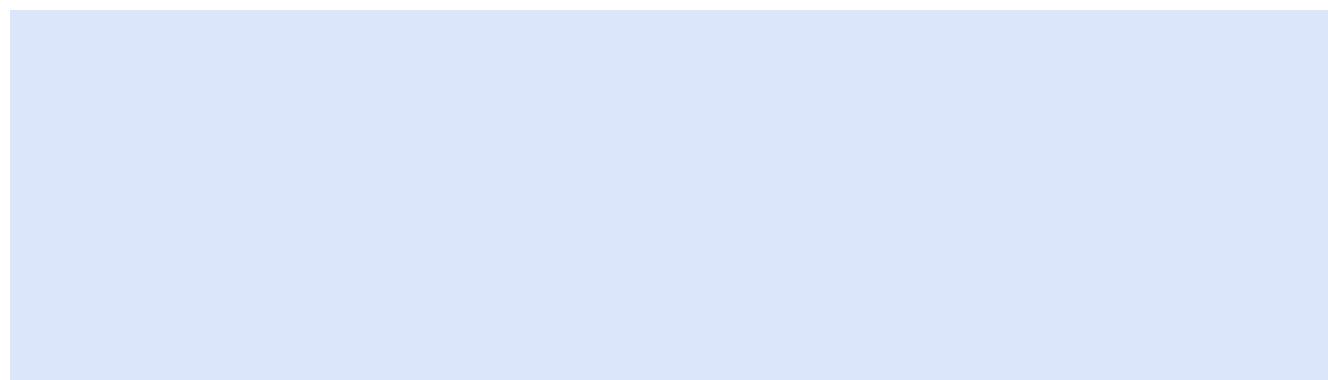
Neck Circles: Make slow circles with your head in both directions. Keep the movement small and controlled. Stop if you feel pinching or sharp pain.

Shoulder Rolls: Roll both shoulders forward and backward, allowing the shoulder blades to glide smoothly. Focus on relaxing the neck and jaw.

Scapular Setting: Gently draw the shoulder blades back and down, as if putting them into your back pockets. Hold briefly, then release without shrugging.

Benefits: Freer motion for serves and overheads, less early-match tension, and reduced strain on the neck and upper back.

Notes:



Injury-Smart Mobility — Wrist and Elbow Control

Use this routine to protect the small joints that handle most paddle contact.

Wrist Circles: Make slow circles with the wrist in both directions while keeping the forearm relaxed. Avoid fast or jerky motion.

Flexion and Extension: Gently bend the wrist up and down, stopping before any sharp discomfort. Think about smooth control, not stretching to the limit.

Light Grip Priming: Hold the paddle with a soft grip and tap the ball or bounce it on the paddle face. Keep the forearm relaxed to avoid over-gripping.

Benefits: Better touch on resets and dinks, less forearm fatigue, and lower risk of wrist or elbow irritation over long sessions.

Notes:

Injury-Smart Mobility — Hips, Knees and Ankles

Use these movements to prepare your lower body for quick changes of direction.

Hip Circles: Stand tall and draw slow circles with your hips, first one way, then the other. Keep the core lightly engaged for control.

Controlled Lunges: Step forward into a small lunge and push back to start. Focus on knee alignment over the middle toes and avoid collapsing inward.

Ankle Mobility: With one foot forward, gently rock the knee over the toes without lifting the heel. Move in and out of the stretch, not into pain.

Benefits: Smoother court movement, better balance at the non-volley line, and fewer tweaks around the knees and ankles.

Notes:

Injury-Smart Mobility — Footwork and Reaction Prep

Use this card to wake up your first step so you are ready for fast points.

Split-Step Prep: Make small, light hops in place and land in a ready stance. Time the hops with an imagined ball strike to sharpen your reactions.

Side Shuffles: Shuffle left and right with short steps, keeping the hips low and the feet active. Avoid crossing your feet during the movement.

Directional Steps: Take controlled steps forward, backward, and diagonal, always returning to a balanced ready position after each move.

Benefits: Faster reactions on returns and volleys, fewer late balls, and more confidence covering the court in the first games.

Notes:

