

On Court Warm-Up

Tall march with knee hug. Maintain vertical posture and focus on balance. Raise up on toes as knee is pulled to chest.



Lunge steps. These can be performed with the rear leg either dropping straight to the ground (first photo) or with it stretched behind and the knee maintained in extension (second photo).

In both cases, avoid compensating by rolling into an anterior pelvic tilt which will result in hyperextension in the lumbar spine.



Lateral lunge steps. While maintaining a “sternum up” posture in the torso, weight is shifted first to the right and then the left followed by a pivot which leaves you facing the opposite direction and the shift is repeated.



Inch worms: Start in a push up position and walk your feet to your hands, keeping your knees straight and your heels on the ground. Stop when you feel a stretch in the back of your legs. Then slowly walk your hands away from your feet until the stretch goes away. Repeat this 3 – 5 times. This can be performed by either walking your hands back toward your feet or walking your feet toward your hands.



Lunge steps with rotation. Lunge steps can be combined with rotation of the torso and upper body in either direction. This can be made more aggressive by holding a medicine ball.



Lunge steps with overhead reach. While performing lunges the arms can be held overhead (static) or can reach from waist level to overhead (dynamic). Maintain a vertical posture and avoid increasing pelvic anterior tilt which will result in lumbar hyperextension. This can be made more aggressive by holding a medicine ball.



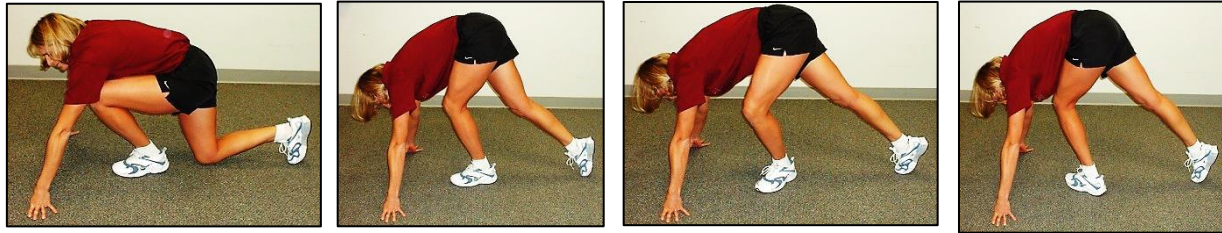
Lunge steps with anterior reach. While performing a lunge step, reach with both hands toward the toe and extend the supporting hip and knee while also extending the rear leg. Try to avoid compensating with lumbar flexion.



Soldier march/skip: Lift right leg to outstretched left hand while maintaining upright posture. As you warm up, increase the velocity and height of the kick, progressing up onto the toes of your standing leg. Alternate feet for 5 repetitions to each side



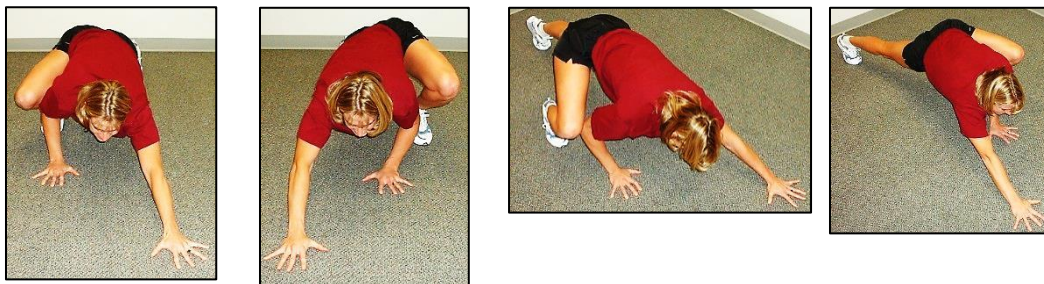
Sprinter's stretch: Kneel on right knee with your left leg in front of you with your foot flat on the ground, place hands on the floor to support yourself. Straighten left hip and knee slowly, keeping foot flat. Hold for a count of 1-2, lower, and repeat five times in a slow pumping motion. Repeat stretch with left foot turned out, and then with left foot turned in. Perform same stretch with right leg in front.



Heel cord stretch/Big toe rocks: In pike position with both hands on floor, lift one foot to heel of opposite foot; lift heel off the floor to achieve great toe extension, then slowly lower back to the floor giving pressure in a downward direction with the opposite foot from behind, Repeat 3 times to each side.



Spider man: Lunge forward onto right leg, bringing right arm to the inside of the right leg and lower hips toward the floor until you feel a stretch in the left hip flexor; pause and then reach forward with opposite leg – like Spiderman – to the same position with the opposite leg. Repeat 3 times on each side



Twister: Arms straight and to the side in a “T” position; bend forward at the hips keeping back straight similar to the setup position in golf; keeping knees pointed straight ahead, rotate trunk and swing arms from side-to-side, letting the weight and momentum of your arms pull you to end range, then slowly start to raise up to upright position while maintaining arm swinging motion; from upright position, continue arm swing but now bend elbows to 90 degrees, then slowly straighten arms to overhead position while continuing arm swing motion, then slowly lower arms through each position back to the starting position—the whole time maintaining arm swing motion.



Hug world/Hug self: Wrap arms around trunk by crossing them in front while in a forward bent/back straight position (similar to golf set-up position) emphasizing spreading shoulder blades apart, then while coming to upright position, squeeze shoulder blades together as if hugging the world; then back to the “hug self” position, etc Repeat 3 times.



Dynamic flexibility handout provided by Performance Dynamics. Program developed from the contributions of Amy Goddard, PT, DPT, OCS, CSCS and John Zanas, PT, CSCS, PES