

MINI-GUIDE

for players of **paddle**

STRETCHES

PRACTICAL TIPS

physiohome



| Physiotherapy at home



before playing

Perform a proper warm-up, easy five-minute run, joint mobilization exercises (ankles, knees, shoulders and wrists), multi-jumps, small sprints or sprints on the spot, lateral steps.

Perform a rapid stretching of the general muscles (no more than 3" in each muscle group and without reaching the maximum joint range).

Why a warm-up before starting a match?

Surely you think that you already warm up rallying with the rival and that is enough. Of course, that specific technical warm-up on the paddle tennis court is necessary, but we must first activate our body and raise the intramuscular temperature. It will not take us more than 15 or 20 minutes and we will be able to prevent most injuries.

Common injuries in padel

Most of the injuries that appear in paddle tennis are usually caused by the great loads to which we subject the joints, muscles or ligaments. Due to excessive work (many repetitions of the same blow, number of hours of matches, muscular decompensation...). Other common injuries are: rotator cuff tendonitis, tennis elbow or muscle tears in the calves.

Practical advice We

advise you to have good postural control during padel matches or training sessions, to finish the strokes and execute them correctly. Also, during the matches, hydrate yourself well, during the breaks don't stay cold and above all at the end of the match , **STRETCH!!!!**

About Physiohome

Fisiohogar is a company specialized in physiotherapy at home. We have been working for more than ten years serving more than 1,000 families in the comfort of their home or at their place of work.

For more information and to get to know our physiotherapists, you can visit our page, where we regularly talk about everything related to sports physiotherapy and training.



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STRETCHES for players of paddle Stretch!

ILLUSTRATIONS IRENE CUESTA

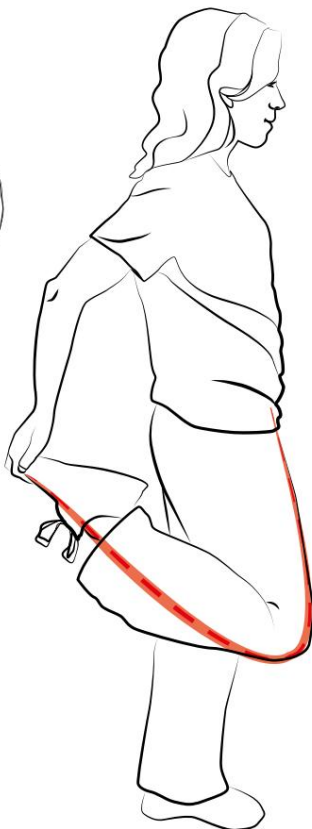
As time always plays against us, it is important that you stretch at least the shoulders, the forearms, the front of the arm and chest, the twins, the quadriceps and the hamstrings.



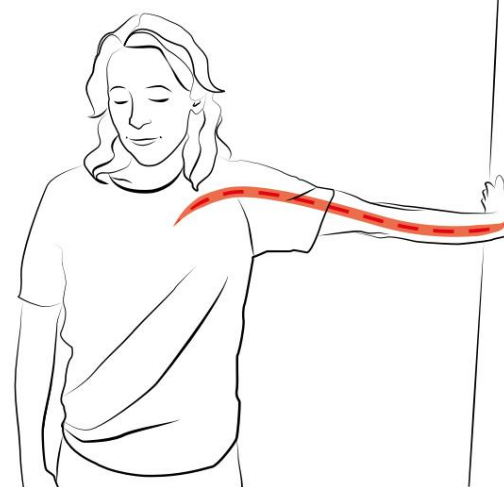
▲ Twins



◀ stone pelvitro



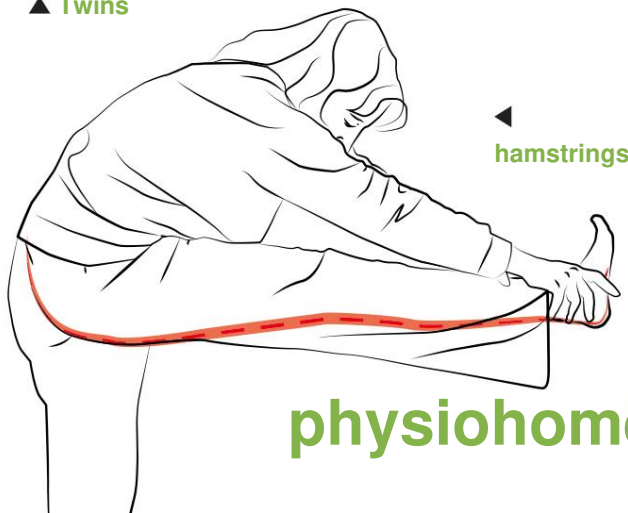
▲ Quadriceps



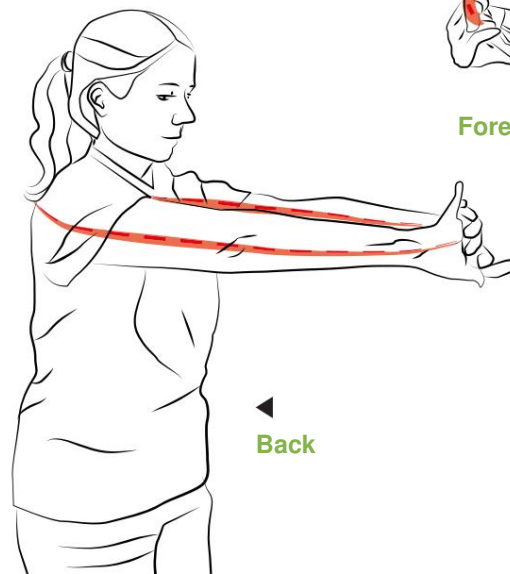
▲ Front face of arm and pectoral



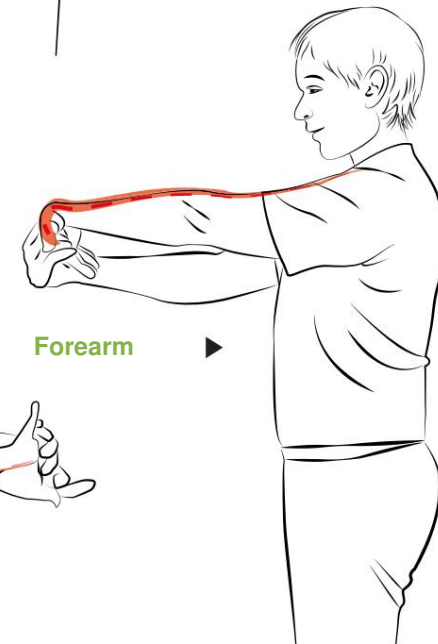
Shoulder ▲



▶ hamstrings



▶ Back



Forearm ▶