

PICKLEBALL WARM UP

INCH WORMS

Bend forward to touch toes with back and knees straight. Walk hands out into push up position. Next reverse by walking hands back to toes.



ANKLE GRAB HEEL RAISE

Grab one foot pulling towards your hip, then raise the heel of your standing leg as you lift your hand overhead. Lower heel down, take a step forward and take the opposite foot behind your hip and repeat on the other leg.



3-WAY LUNGE

Lunge forward on one leg. Next lunge to the side, then backwards. Return to standing and switch legs.



WRIST STRETCHES

With elbow straight, pull fingers backward with palm up. Hold 30 seconds. Next, flip your palm down and push fingers backward. Hold 30 seconds.



CHEST & BICEP

Clasp hands behind back, straighten arms and slowly raise upwards while puffing out your chest.



KELSEY TANLER, DAT, LAT, ATC

MCFR HEALTH & INJURY PREVENTION

Kelsey is a Certified Athletic Trainer with experience working in public safety. Kelsey's goal is to return firefighters to full duty and full life. Contact Kelsey with any injury or health concerns or questions. You can schedule an appointment by email/phone through the QR code above.