

Senior Pickleball Pre-Game Body Check & Court-Ready Routine

Tear this out. Slip it in your paddle bag. Run through it before every game.

½ 5-Minute Pre-Game Body Assessment

- Joint stiffness check (knees, hips, shoulders) — any sharp pain? STOP.
- Balance test: stand on one foot 10 sec each side
- Energy level today: LOW ■ MEDIUM ■ GOOD ■
- Hydration: water bottle filled before stepping on court

½ Court-Side Dynamic Warm-Up (6 moves, 30 sec each)

- 1. Marching in place — high knees, gentle
- 2. Arm circles — small to large, both directions
- 3. Hip openers — standing knee circles
- 4. Side shuffles — baseline to baseline x2
- 5. Shadow dinks — mimic soft paddle taps
- 6. Toe raises + ankle rolls — prevents Achilles strain

■ Injury Red-Flag Checklist (STOP IF...)

- Sharp/sudden pain in any joint — not soreness, PAIN
- Dizziness or chest tightness during play
- Pop/snap sound from calf, Achilles, or shoulder
- Unable to bear weight or extend arm fully after a shot
- Headache that escalates during the game

✓ Post-Game Recovery (next 24 hours)

- Cool-down walk (5 min) — don't just sit down
- Stretch quads, calves, shoulders (hold 20 sec each)
- Ice any new soreness within 1 hour
- Watch for delayed swelling: knees, ankles, wrists

Full injury-prevention guide in “Pickleball for Seniors Over 50” — theskillmillbooks.com/pickleball-seniors/