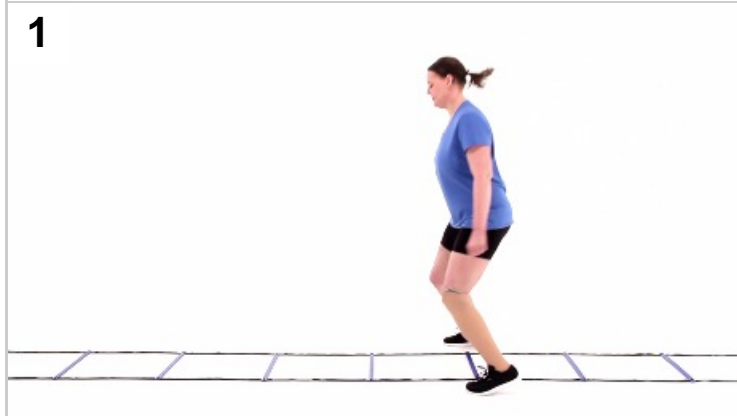


Forward Straddle Hop

REPS: 30**SETS: 1****DAILY: 1****WEEKLY: 7**

*You can perform this using any of the lines on the pickleball court

Setup

Begin in a standing upright position in a square at the end of an agility ladder.

Movement

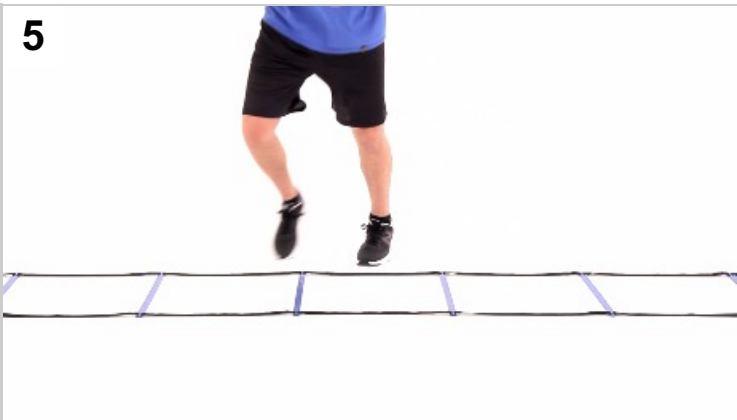
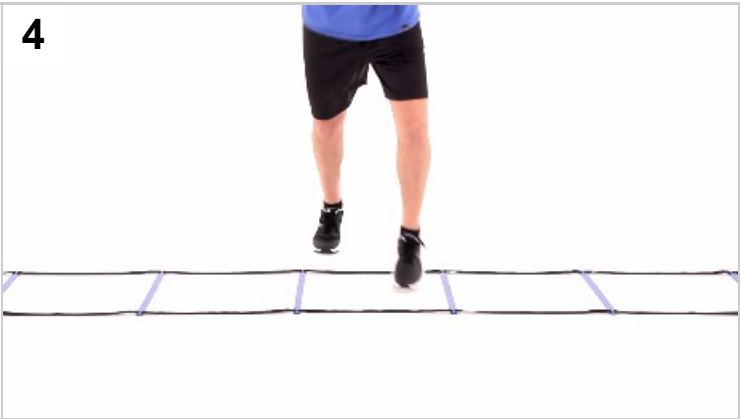
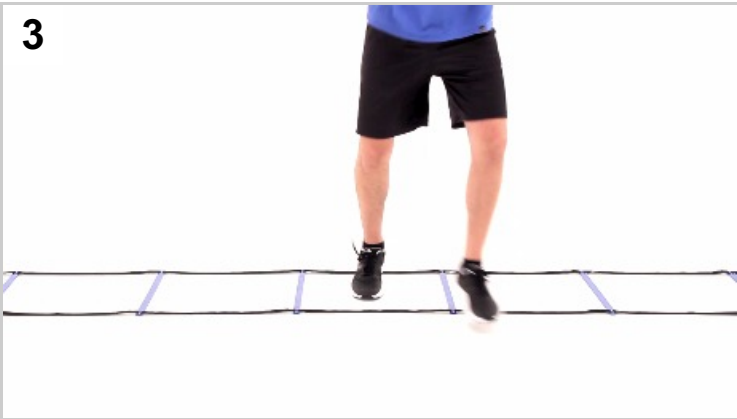
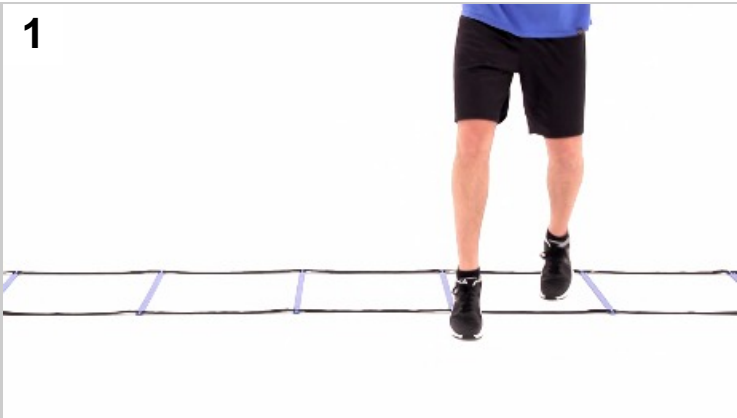
Jump both feet outside the ladder, then jump both feet together in the next square. Continue this pattern until you reach the end of the ladder.

Tip

Make sure to keep your movements controlled and maintain your balance during the exercise. Remember to put weight on the prosthetic toe to get some dynamic return from the foot.

Lateral Over and Back Shuffle

| | | | |
|----------|---------|----------|-----------|
| REPS: 30 | SETS: 1 | DAILY: 1 | WEEKLY: 7 |
|----------|---------|----------|-----------|



*You can perform this over and back motion using any line on the pickleball court. *
Make sure to go both directions

Setup

Begin in a standing upright position in front of an agility ladder that continues out to your side.

Movement

Step your lead foot forward into the first square and follow with your other foot, then quickly take two steps above the ladder. Step your trailing foot backward in the next square, step together, and quickly take two steps below the ladder. Continue this pattern until you reach the end of the ladder and repeat in the opposite direction.

Tip

Make sure to keep your movements controlled and maintain your balance during the exercise.

Braided Sidestepping

| | | | |
|----------|---------|----------|-----------|
| REPS: 30 | SETS: 1 | DAILY: 1 | WEEKLY: 7 |
|----------|---------|----------|-----------|



*You can perform this using any line on the pickleball court *Only go as quickly as you can safely, increase in speed as you get the hang of it

Setup

Begin standing in a long, open, flat surface.

Movement

Walk sideways, alternating between stepping behind or in front of your leading foot.

Tip

Make sure to maintain your balance during the exercise.

Side Lunge Adductor Stretch

| | | | |
|------------------|----------------|-------------------------|-----------------|
| REPS: 3 | SETS: 1 | HOLD: 30 SECONDS | DAILY: 1 |
| WEEKLY: 7 | | | |



Setup

Begin in a wide stance position.

Movement

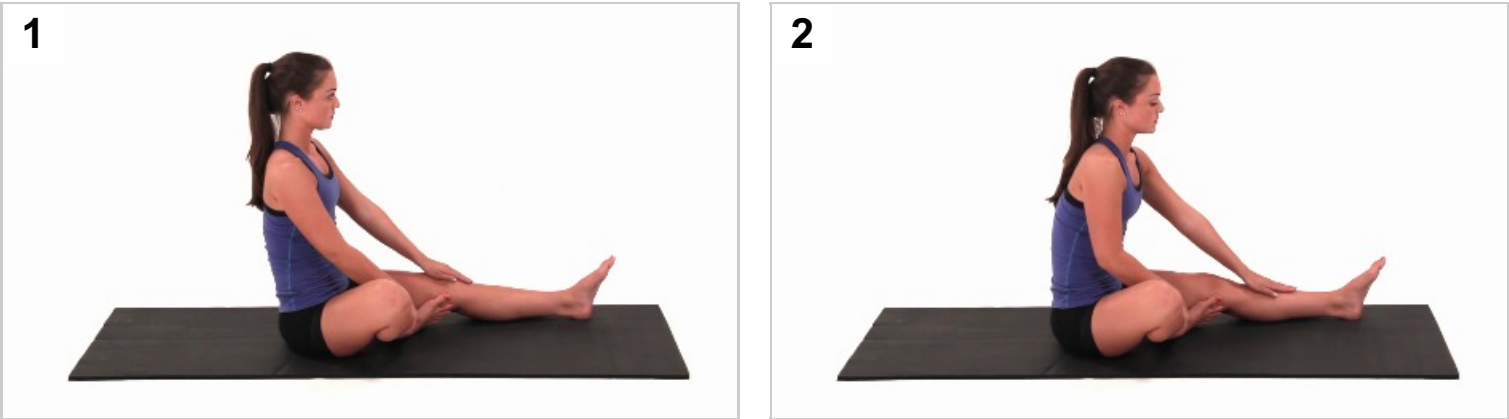
Shift your weight over to one side, bending your leg until you feel a stretch on the inside of your opposite thigh. Hold, then return to the starting position and repeat on the opposite side.

Tip

Make sure to keep your back straight and maintain your balance during the stretch.

Figure 4 Hamstring Stretch

| | | | |
|-----------|---------|------------------|----------|
| REPS: 3 | SETS: 1 | HOLD: 30 SECONDS | DAILY: 1 |
| WEEKLY: 7 | | | |



Setup

Begin sitting on the ground with one leg straight, and your other leg bent with the bottom of your foot on the inside of your other knee.

Movement

Hinge forward at your hips until you feel a stretch in the back of your thigh and hold.

Tip

Make sure to keep your back straight and do not let it slump forward as you stretch. This should be a small movement.

Standing Quadriceps Stretch

| | | | |
|-----------|---------|------------------|----------|
| REPS: 3 | SETS: 1 | HOLD: 30 SECONDS | DAILY: 1 |
| WEEKLY: 7 | | | |



Setup

Begin in a standing upright position holding onto a stable object for support.

Movement

Bend your knee and grab that foot with your hand, pulling it toward your body and pushing your hips forward until you feel a stretch in the front of your thigh. Hold this position.

Tip

Make sure to keep your back straight and maintain your balance during the stretch.

Standing Shoulder Posterior Capsule Stretch

| | | | |
|------------------|----------------|-------------------------|-----------------|
| REPS: 3 | SETS: 1 | HOLD: 30 SECONDS | DAILY: 1 |
| WEEKLY: 7 | | | |



Setup

Begin in a standing upright position.

Movement

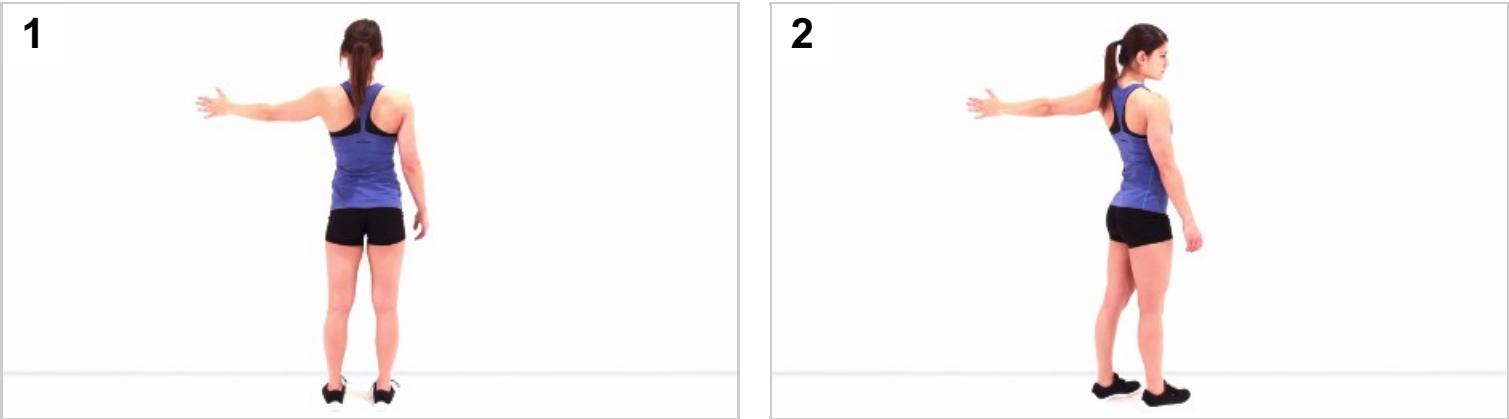
Raise one arm in front of your body, with your thumb pointing up. Grasp the outside of your arm with your other arm and apply a gentle pressure until you feel a stretch.

Tip

Make sure to maintain good posture during the exercise.

Standing Anterior Shoulder Stretch

| | | | |
|-----------|---------|------------------|----------|
| REPS: 3 | SETS: 1 | HOLD: 30 SECONDS | DAILY: 1 |
| WEEKLY: 7 | | | |



Setup

Begin in a standing upright position facing a wall with your arm straight out to your side, and your hand resting on the wall.

Movement

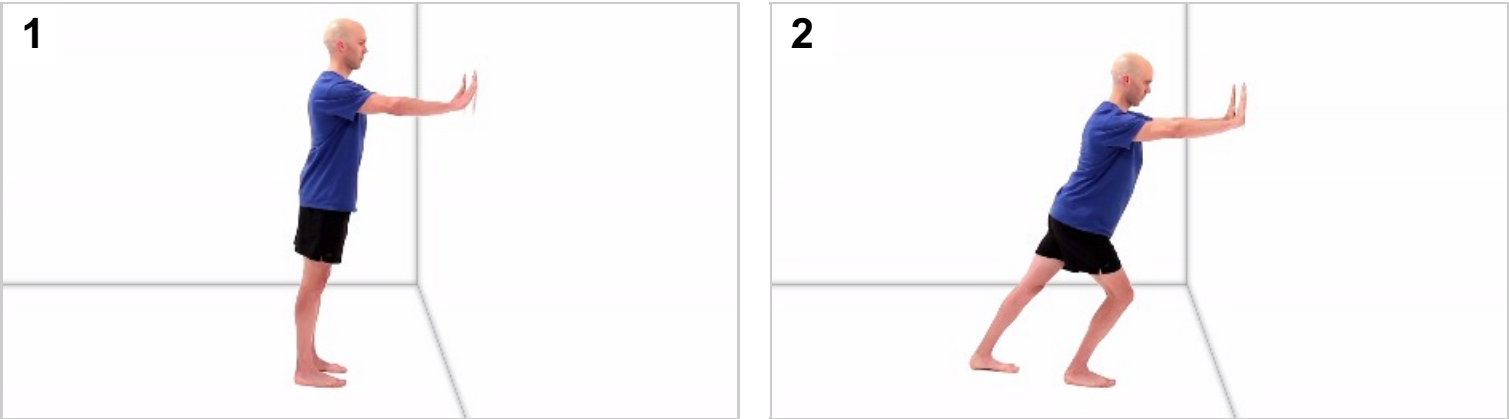
Rotate your trunk away from your arm until you feel a stretch in the front of your chest, and hold.

Tip

Make sure to only move in a pain free range of motion.

Gastroc Stretch on Wall

| | | | |
|-----------|---------|------------------|----------|
| REPS: 3 | SETS: 1 | HOLD: 30 SECONDS | DAILY: 1 |
| WEEKLY: 7 | | | |



Setup

Begin in a standing upright position in front of a wall.

Movement

Place your hands on the wall and extend one leg straight backward, bending your front leg, until you feel a stretch in the calf of your back leg and hold.

Tip

Make sure to keep your heels on the ground and back knee straight during the stretch.