

LOW BACK CARE PLAN

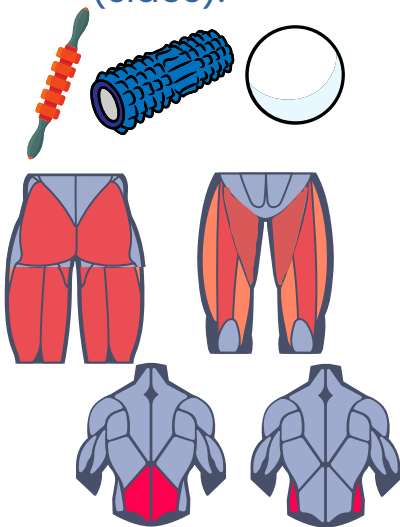


Low back pain is one of the most common issues in pickleball. Often, the problem isn't the spine itself, but limited hip mobility or weak core/hips that force the back to overwork. Self-massage & stretching ease tightness, while activation restores balance & strength. While these aren't full rehab plans, they can help reduce pain & keep you moving confidently!

PRE-ACTIVITY

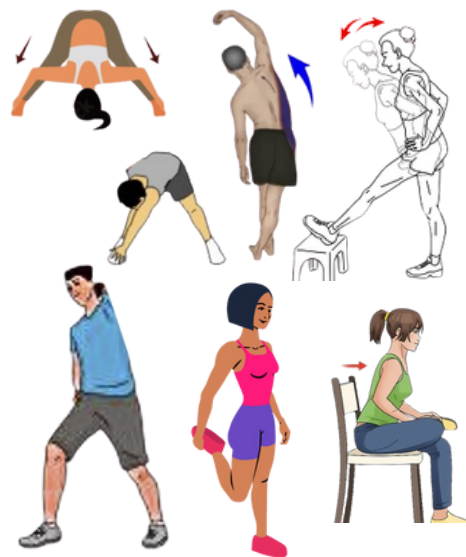
MASSAGE

Use a foam roller/massage stick to roll areas—hip flexor, glutes, quads, hamstrings, low back (sides).



STRETCH

Gently ease into each position until you feel a stretch in targeted area. Hold for 3–5 breath cycles.



ACTIVATE

Strengthening is key for long-term tendon health. Perform each exercise 3x10 OR 2x15 to build endurance.



POST-ACTIVITY

**YOUR GAME
DOESN'T STOP
HERE.**

BODY WELLNESS OFFERS EXPERT CARE AND GUIDANCE TO HELP YOU PERFORM BETTER AND PREVENT INJURY—AT THE SAME TIME



925-338-7255 | www.bod-wellness.weebly.com | @bod_wellness