

LOWER LEG CARE PLAN

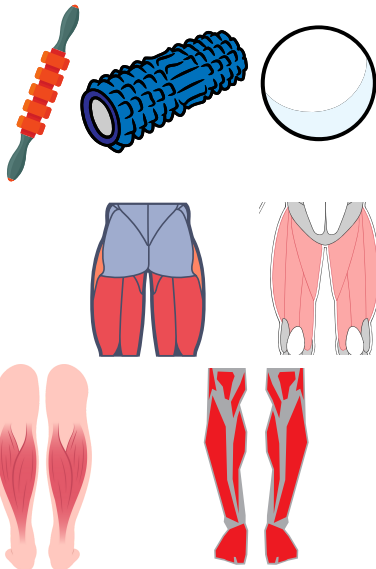


The lower leg takes a lot of stress in pickleball—impact, push-off, & balance. This can lead to plantar fasciitis, shin splints, or ankle pain. Self-massage and stretching ease tightness, while activation builds strength for lasting relief. Use all three before play, and massage + stretch after to recover. While these aren't complete rehab plans, they can help you manage pain & stay active!

PRE-ACTIVITY

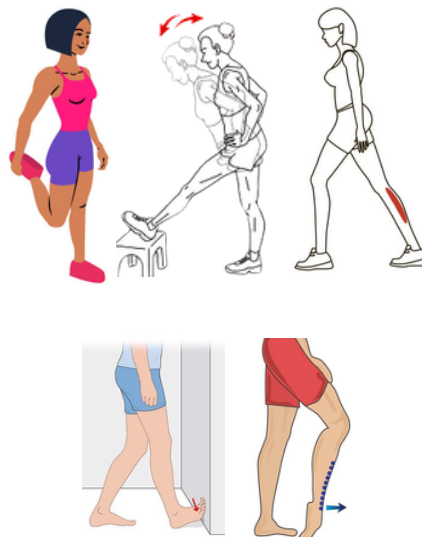
MASSAGE

Use a massage stick, roller or ball to roll tight areas—top/bottom of foot, calf, front of shin, quads, hamstrings.



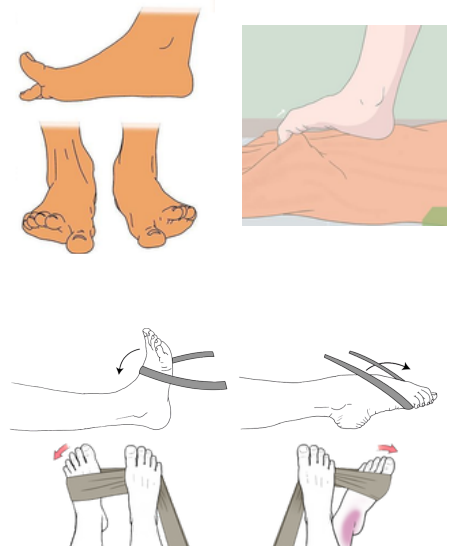
STRETCH

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.**

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