

NECK, SHOULDER & UPPER BACK CARE

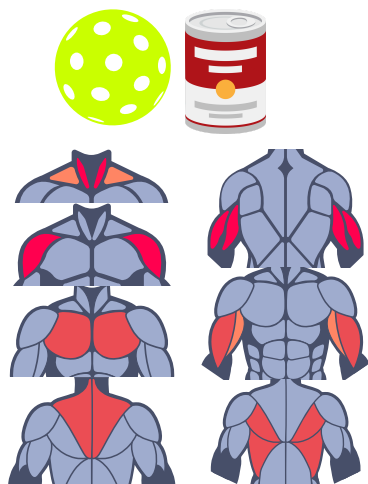


Pickleball puts stress on the neck, shoulders, & upper back. Muscle imbalances—both on & off the court—can cause tightness, pain, or poor posture. Self-massage & stretching ease tension, while activation builds strength for lasting relief. While these aren't full rehab plans, they can help manage symptoms & keep you playing strong & confident!

PRE-ACTIVITY

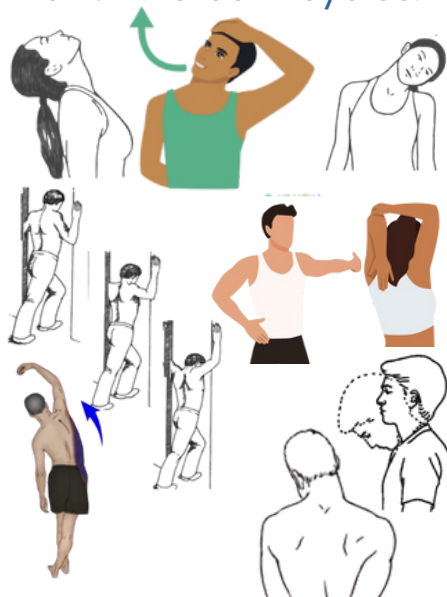
MASSAGE

Use a pickleball/other firm item to roll tight areas—chest, biceps, top/ front/ back of shoulder, neck, upper/ mid-back.



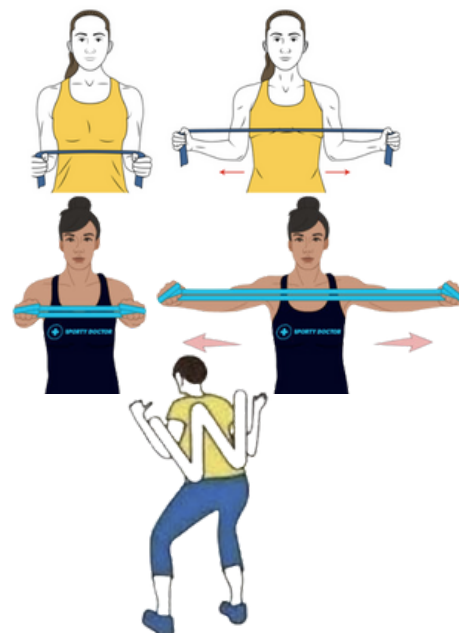
STRETCH

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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