



# Just Physio

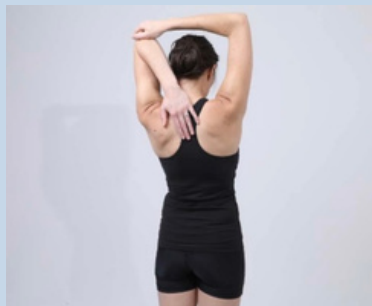
Empowering people towards healing

## PADEL WARM-UP

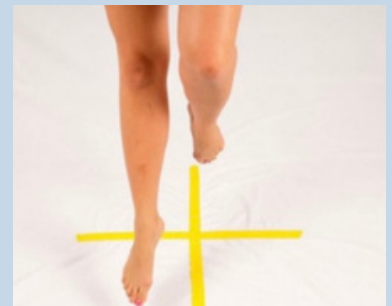
Padel is becoming a popular sport. With the small court, you can expect it to be fast. The quick directional changes make it a sport prone to injuries. Warm-up helps as prevention.



Wrist flexion stretch



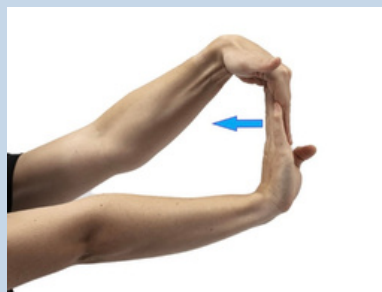
Tricep stretch



Single leg hops



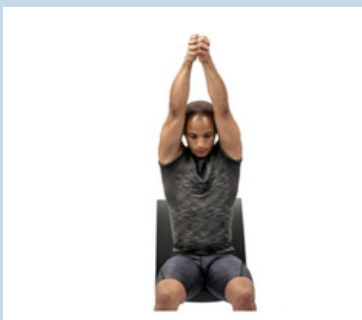
Latissimus stretch



Wrist extension stretch



Standing extensions



Shoulder flexions






Squat jumps



Backward lunges

### CONTACT US

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 BOOK ONLINE: [www.justphysio.co.za](http://www.justphysio.co.za)

Hold each stretch for  
20 seconds

Do 15 reps of each  
dynamic exercise