



3 DIMENSIONAL
PHYSICAL THERAPY

Pickleball Exercises

Lunge Matrix



Stand up with your feet together. Lunge forward with your knee over your foot, hold for a few seconds and step back to starting position. Then, using the same process, lunge diagonally out and forward, and then towards the side. Repeat this matrix on one side for about 10 repetitions until fatigue and then repeat the process on the opposite leg.

Reps: 10

Sets: 3

Frequency: 2-3x/week (not back to back days)

Cone Pick ups



Stand and bend over on one leg, hinging at the hips and keeping the back straight, to place a cone (or any other object) on the floor. Keep your core engaged and your hips and shoulders square to the floor. After placing 3 cones, repeat the same motion but pick the cones up instead. Use something to hold on to if needed.

Reps: 3 (picking up and placing the cones counts as 1 round)

Sets: 3

Frequency: 2-3x/week (not back to back days)



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Pickleball Exercises

External Rotation in Neutral



Begin by placing an exercise band at chest height securely in a doorjam. Standing perpendicular to the doorway with the arm you wish to exercise furthest from the doorway. Place a towel roll between your elbow and your side and bend the elbow to be exercised to 90 degrees. Slowly pull the band away from you, keeping your elbow bent and upper arm at your side.

Reps: 8-10

Sets: 3

Frequency: 3x/week (not back to back days)

External Rotation at 90 degrees Abduction



Begin by placing an exercise band high up in a doorway. Stand facing the door. Grasp the band and lift your arm up to the side until it is parallel with the floor. Bend your elbow until it is at 90° with your fist pointed toward the door. Slowly rotate at your shoulder, bringing your fist upward toward the ceiling, keeping your upper arm parallel to the ground and your elbow bent to 90°

Reps: 8-10

Sets: 3

Frequency: 3x/week (not back to back days)

Internal Rotation in Neutral



Begin by placing an exercise band at chest height securely in a doorjam. Standing perpendicular to the doorway with the arm you wish to exercise closest to the doorway. Place a towel roll between your elbow and your side and bend the elbow to be exercised to 90 degrees. Slowly pull the band toward your stomach, keeping your elbow bent and upper arm at your side.

Reps: 8-10

Sets: 3

Frequency: 3x/week (not back to back days)

Internal Rotation at 90 degrees Abduction



Begin by placing an exercise band high up in a doorway. Stand facing away from the door. Grasp the band and lift your arm up to the side until it is parallel with the floor. Bend your elbow until it is at 90° with your fist pointed toward the ceiling. Slowly rotate at your shoulder, bringing your fist downward, keeping your upper arm parallel to the ground & your elbow bent to 90°

Reps: 8-10

Sets: 3

Frequency: 3x/week (not back to back days)



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RDL Reach



Begin standing in a staggered stance, with front knee slightly bent. Then, bend from your hips while maintaining a neutral spine and reach towards your front leg with your opposite hand. Do not actively bend your knee. Once you reach the floor slowly return to the starting position and repeat.

Reps: 10

Sets: 3

Frequency: 2-3x/week (not back to back days)

Paddle alphabet



While holding your paddle, begin tracing the alphabet in uppercase letters with just your wrist. Then, trace the alphabet again, instead using your entire arm, including shoulder. Repeat as directed.

Reps: 3x through alphabet with wrist, 3x through alphabet with shoulder

Sets: 3

Frequency: 2-3x/week (not back to back days)

This content is for informational and educational purposes only. It does not take the place of medical advice or treatment from a physical therapist or other healthcare provider. Please consult with a physical therapist or healthcare provider for specific health concerns or questions.