

Now more than ever stay safe and warm up before returning to play

Following an extensive period away from badminton there's a risk of injury on the court or niggling aches and pains following play, so it is important to warm up your arm and leg muscles.

We've put together just a few stretches to help you stay injury free on your return.

Please note: If you have any underlying injuries or are in pain you should seek guidance from your GP or physiotherapist before returning to play or participating in regular stretching.



Quadriceps stretch

Stand up straight, knee bent, hold foot, keeping thighs together and back up straight. Hold for 10 seconds then relax



Calf stretch

Right leg behind and knee straight, heels flat on floor. Left leg forward with knee bent foot flat on floor. Hold for 10 seconds then relax



Hamstring stretch

Right leg forward and knee straight. Pull toes up towards stomach. Hold for 10 seconds then relax



Pec stretch

Take hands behind you keep elbows straight and clasp hands. Pull arms away from body. Hold for 10 seconds then relax



Back of shoulder

Keep arm straight and take arm across body. Hug with other arm. Hold for 10 seconds then relax



Triceps stretch

Take right arm up and behind head towards shoulder blade. Use left hand to hold right elbow and pull right arm backwards. Hold for 10 seconds then relax

Wrist stretches

Take wrist backwards and use other hand to give it a gentle stretch backwards. Hold for 10 seconds then relax

