



IMG PHYSICAL THERAPY

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BASKETBALL WARM-UP

- Jog around court 1 lap
- High knee- ½ court Butt kicks- ½ court
- Open gate- ½ court Close gate- ½ court
- Side shuffle in defensive stance- ½ court each direction
- Karaoke - ½ court each direction
- Cherry picker- ½ court
- High kick toe touches- ½ court
- Retlouping- 30 “Yes” and 30 “No”
- Static stretching as needed
- Then team warm up

Open gate- Start with high knee straight ahead (picture 1) and swing the leg to the outside (picture 2)

Close gate- Start with knee high to the outside (picture 2) and swing the leg to ahead of you (picture 1)

Cherry Picker-Every 3 steps with a slightly bent knee bend down and touch your toe while kicking the opposite leg backwards (pictures 3 & 4)

Hick kick toe touches- Every 3 steps, with a straight knee kick your leg in front of you and bend forward as if you were going to touch your toes. You do not need to reach your toes in order to get the benefit of the exercise (pictures 5 & 6)

Retlouping- Sit on the court with feet against the bleachers or wall as in picture 7, make sure fingers are pointing straight behind you. Once in this position bring your chin to your chest and then bring it up and look toward the ceiling as if you were nodding “yes.” After doing that you then look back and forth over your shoulders as if you were shaking your head “No.”

