

The Top 3 Basketball Stretches

Stretching is one of the most under-utilized techniques for improving athletic performance, preventing sports injury and properly rehabilitating sprain and strain injury. Don't make the mistake of thinking that something as simple as stretching won't be effective.

Below are 3 of the most beneficial stretches for basketball. Obviously there are a lot more, but these are a great place to start. Please make special note of the instructions beside each stretch.



Standing Reach-up Quad Stretch:

Stand upright and take one small step forwards. Reach up with both hands, push your hips forwards, lean back and then lean away from your back leg.



Rotating Stomach Stretch:

Lie face down and bring your hands close to your shoulders. Keep your hips on the ground, look forward and rise up by straightening your arms. The slowly bend one arm and rotate that shoulder towards the ground.



Single Heel-drop Achilles Stretch:

Stand on a raised object or step and place the ball of one foot on the edge of the step. Bend your knee slightly and let your heel drop towards the ground