

4 WAYS TO AVOID SHOULDER STIFFNESS IN BADMINTON

Being an overhead sport with lots of repetitive movements, badminton players are prone to shoulder pain and stiffness. Here are 4 ways to avoid this

1) EFFECTIVE WARM UP-

Make sure you stretch and activate the scapular muscles too during your warm up in addition to other exercises and stretches. Mobility exercises like wall Angels, controlled shoulder circles and cross body arm swings help to get the shoulder moving while stability exercises that target the rotator cuff and scapular muscles help with shoulder stability.



2) PROPER TECHNIQUE AND POSTURE-

Ensure Proper Stroke Technique: Work with a coach or trainer to ensure your strokes, particularly smashes and clears, are executed with proper form. Poor technique can put unnecessary strain on your shoulder muscles and joints.



3) STRENGTHENING EXERCISES -

Make sure you perform strength training for the shoulder complex so that it gets stronger and can take the onfield load.

Scapular Strengthening: Incorporate exercises like Is, Ys, Ts, external rotations, internal rotations, planks, shoulder push ups, etc. to strengthen the scapular muscles along with the shoulder.



4) POST-GAME STRETCHING-

After playing, perform static stretches targeting the shoulder muscles. Hold each stretch for at least 20-30 seconds to help relax the muscles.

Regularly massage the shoulder area or use a foam roller to release muscle tension and improve circulation. This can help in reducing stiffness and promoting recovery.

3 WAYS TO COMBAT SUGAR CRAVINGS



Combating sugar cravings can be challenging, but here are three effective strategies:

1) EAT BALANCED MEALS:

Include Protein and Healthy Fats: Eating meals that are rich in protein (like lean meats, eggs, or legumes) and healthy fats (such as avocados, nuts, and olive oil) helps keep you full longer and stabilizes blood sugar levels, reducing the urge for sugary snacks



2) STAY HYDRATED:

Drink Water Regularly: Sometimes, sugar cravings can be a sign of dehydration. Before reaching for something sweet, try drinking a glass of water. Keeping hydrated throughout the day can help prevent cravings



3) MINDFUL SNACKING:

Choose Healthier Alternatives: Satisfy your sweet tooth with naturally sweet options like fruits (berries, apples, or oranges), or snacks like Greek yogurt with a drizzle of honey or a sprinkle of cinnamon. These provide nutrients along with sweetness, helping to reduce the desire for complex processed sugars.



2 DRILLS TO IMPROVE ANKLE MOBILITY FOR SQUATTING DEEPER



1) ANKLE DORSIFLEXION WALL STRETCH

How to Perform:

- Stand facing a wall with one foot a few inches away from it.
- Keeping your heel on the ground, bend your knee and try to touch the wall with your knee. Your back leg remains straight for support.
- Ensure that your heel stays flat on the ground throughout the movement.
- Hold the stretch for 15-20 seconds and repeat 3-4 times on each side.



2) BANDED ANKLE DISTRACTION

How to Perform:

- Attach a resistance band to a sturdy object at ground level and loop the other end around the front of your ankle, just above the foot.
- Step forward to create tension in the band, and place your foot on a raised surface (like a low bench or step) with your knee bent.
- Keeping your heel on the ground, drive your knee forward over your toes, using the band's tension to assist in creating space within the ankle joint.
- Hold for 20-30 seconds and repeat 3-4 times on each side.

1 EFFECTIVE WAY TO MAKE YOUR KNEES CONTRIBUTE MORE DURING SQUATTING-

Add a plate or a small wedge under your heel to encourage greater knee flexion, making the movement more knee-dominant and engaging the quadriceps more intensely

