



The effect of incorrect posture on your

# netball performance

**Netball players' capacity to pivot and pass, reach elevated positions, and respond swiftly on the court is affected by posture.**

As netball players, maintaining proper posture is crucial not only for injury prevention but also for enhancing overall performance on the court. Let's delve into common postural issues observed in netball players and the corrective exercises to address them. These postural issues stem from everyday activities such as slouched sitting and the use of digital devices in unsupported positions.

Poor posture directly affects the body's ability to twist and pass, to reach up high, and to react quickly on the court.

### **Common postural issues:**

- **Rounded Shoulders:** This is a prevalent issue among netball players due to the nature of the sport, which involves repetitive movements of the arms and shoulders. Rounded shoulders can lead to shoulder impingement, pain and decreased mobility.
- **Excessive Forward Head Posture:** Often a result of spending prolonged periods in a forward-leaning position during school and on devices, during gameplay or training. Excessive forward head posture and a rounded upper back can strain neck muscles, and lead to headaches as well as reduced neck mobility.

### **Corrective exercises**

- **Scapular Retraction:**

- Stand tall with feet shoulder-width apart
- Squeeze your shoulder blades together, pulling them towards your spine
- Hold for 5–10 seconds, then release
- Repeat for 10–15 repetitions
- Progression: Perform scapular retractions using resistance bands for added challenge
- Thoracic Extension Stretch:
  - Lie on a foam roller vertically down the upper back
  - Slowly extend your spine over the foam roller, focusing on opening up the chest
  - Hold the stretch for 5–10 minutes, breathing normally once per day
- Chin Tucks:
  - Sit or stand with your back straight
  - Gently tuck your chin towards your chest, lengthening the back of your neck, thinking about holding yourself up as tall as you can
  - Hold for 5–10 seconds, then release
  - Repeat for 10–15 repetitions
  - Progression: Perform chin tucks against a wall for added resistance

### **Incorporating corrective exercises:**

- Perform them consistently, initially every day for a few weeks and then at least 2–3 times per week, to see improvements in your posture and mobility
- Focus on quality over quantity, ensuring proper form throughout each exercise

By addressing common postural issues through targeted corrective exercises, you'll be able to improve your overall posture, enhance biomechanics, and reduce the risk of injuries during training and on the court.

Remember, good posture not only benefits your performance in netball but also contributes to long-term musculoskeletal health.

Disclaimer: Always consult your physiotherapist before starting any new exercise program, especially if you have pre-existing medical conditions or injuries.