

## **Dr. Ann Clark Shares Stretching Strategies With Regency Pickleballers**

By Bob Zyontz

As active adults, keeping yourselves personally fit should be right at the top of your “to-do” list. This is especially true if you play pickleball. It’s a sport that challenges every joint and muscle group in your body which makes stretching before and after you play so vital to your health and well-being. There are many simple techniques you can apply at home, in the gym, and before you step on the court that will help improve your pickleball mobility and reduce the risk of injury. So, what are these solutions? Where can they be found? How should they be practiced? What are the benefits?

To get the answers, over 40 Regency Pickleball Club members assembled at the Tennis Pavilion on Friday, February 28, 2025, for an evening of friendship, food, fun, and learning how to keep themselves personally fit.

Sponsored by the Pickleball Club’s Board of Directors, and ably hosted by Club Board chair for events, Eva Nyman, the evening featured special guest speaker Dr. Anne Clark, founder and owner of Clark Fitness Training and Physical Therapy (CFT). Dr. Clark is a graduate of Rutgers University and has her Doctoral degree in Physical Therapy from Neumann University. An active member of the NJ Chapter of the American Physical Therapy Association (APTA), her Clark Fitness classes are highly regarded at Regency and are always well attended.

As a fitness enthusiast and instructor for over 30 years, Dr. Clark’s expertise and engaging style were a perfect fit for the night’s agenda. She demonstrated a series of calf, hip, leg, ankle, knee, and back exercises that club members could practice to improve their agility, flexibility, mobility, and balance – skills that are vital to maintaining physical well-being on and off the court. Dr. Clark also gave everyone a handout of all 14 exercises so club members could practice on their own time.

Following Dr. Clark’s presentation, Eva Nyman monitored a spirited game of pickleball trivia (the game can be found on [amazon.com](https://www.amazon.com)) consisting of 15 uniquely challenging questions. Tables competed against one another with the winning table coming up with a whopping 13 correct answers. In honor of their outrageous pickleball knowledge and first place finish, prizes were awarded to Karen Calder, Celia Argiriou, Cheryl Frazzini, Jim Freeman, and Georgette Bruno.

After dessert, the evening came to an end. But one thing was certain. It would not have been successful without contributions from three special members of the Club's events committee. Major kudos to Sherry Vitanza, Meg Pribyl, and Wendy Strauss, who made sure there was pizza, drinks, and dessert available for all to enjoy while taking in Dr. Clark's presentation.

A good time was had by all, and Club members can not only take what they learned to the bank, but also look forward to more of these value-added, pickleball centric sessions throughout 2025.



[Caption]

Dr. Ann Clark interacts with Club members as she shares how proper stretching can improve pickleball mobility and help avoid injury. Photo by Bob Zyontz.



[Caption]

Event host Eva Nyman welcomes attendees and reviews the evening's agenda right before introducing guest speaker Dr. Ann Clark. Photo by Bob Zyontz.