

PREVENTING PICKLEBALL INJURIES

As most pickleball players can attest, swinging a racquet a few hundred times and chasing a ball around a court can lead to some painful problems. The most common injuries are sprains and strains of the hips, knees, dominant shoulder and elbow, and low back.

INJURIES

HAND & WRIST INJURIES

Attach a long lever to a small joint and swiftly hit a ball - What could go wrong? Anything from overuse strains to broken bones.

ELBOW TENDONITIS

Firmly gripping a racquet places stress on the bony bumps where your wrist and forearm muscles attach to your elbow. This is often a site of tendinitis within pickleball players.

KNEE PAIN

Running and pivoting places tremendous torque on your knees. This stress can damage ligaments and irritate joint cartilage.

BACK PAIN

Continually bending forward and quickly rotating places tremendous stress on your spine's soft tissues and joints. Injuries to muscles, ligaments, and discs are common.

ROTATOR CUFF PROBLEMS

Repeatedly raising your arm can pinch sensitive tendons and bursa. Unchecked, small irritations can transition to more significant tears over time.



TIPS

CONSIDER THE FOLLOWING INJURY-PREVENTION TIPS:

- ✓ Stretch and get some blood flowing with a brisk 10-minute walk before hitting the court.
- ✓ Choose shoes with proper arch supports, or consider aftermarket insoles or custom orthotics.
- ✓ Warm-up before the match with the exercises below.
- ✓ Make sure you are well hydrated before, during, and after your match. Replace your fluids, whether you feel thirsty or not. (Alcohol and caffeine don't help.)
- ✓ Learn and practice proper pickleball techniques, including your grip, swing, and footwork.
- ✓ Some mild soreness is acceptable, but don't hesitate to stop in the middle of a match if you experience more significant or sharp pain.