

AVOIDING PICKLEBALL INJURIES

1. Pickleball Injuries are on the rise.
2. Usually due to poor introduction to the sport.
3. The most common injuries are “Pickleball Elbow” (Tennis Elbow), knee injuries (meniscus), rotator cuff tear, pulled muscles and detached retinas.
4. Avoid injury by using the 4 P's of Prevention:
5. Proper Stretching:
 - a. Before - Dynamic Stretching and Game warmup
 - b. After - Static Stretching – relaxes muscles, prevents tears, improves range of motion (20 – 30 seconds, twice each - i.e., hamstrings, quads, hip flexor, etc.)
6. Practise with Purpose:
 - a. Do not spend an hour on the court repeating the same technique again and again, this could cause stress injuries, practice a variety of skills.
7. Proper Equipment:
 - a. Footwear – proper court shoes, thick toe so you can drag your toe and pivot.
 - b. Eyewear – if you don't like sunglasses or safety glasses, get some cheap glasses and take out lens.
 - c. Paddle:
 - i. is the weight too heavy? Test some out. There are many weights.
 - ii. Is grip too large or too small – place one finger between fingers & thumbs to test this
 - iii. Is your grip pressure too tight?
 - iv. paddle style (blade versus traditional – hits at end of paddle)
 - v. Did you have a proper warm up & cool down
8. Proper Mechanics:
 - a. Stance – Pro's technique is often beyond what the average new player can do without stressing the knees, back etc., i.e., bending & leaning, sliding.
 - b. Kinetic Chain – use large muscles not small muscles, i.e., Shoulder not wrist.

- c. Lateral movement – pivot with court shoes, no crossing over, shuffle
 - d. Overheads, back peddling due to moving up too soon, stepping in on the serve.
 - e. Handling paddle – keep it up, grip too tight.
 - f. Communication – call so you don't run into each other, call out balls.
 - g. Don't run for every ball!
 - h. Don't play on a wet court.
 - i. Hydrate
9. Video sources:
- a) Top Ways to Get Injured in Pickleball: <https://youtu.be/HMCYCAbZrfQ>
 - b) 4 P's of Proper Pickleball: <https://youtu.be/lfOkCWO5pNo>
 - c) Preventing Pickleball Injuries with Proper Mechanics:
https://youtu.be/5_kuxlQQfNw
 - d) Pickleball Injuries – Top 3 Tips to Avoid Injuries: <https://youtu.be/KGuDQDTR-dw>