

Be Safe Out There!

“Oh no! Did you hear that yesterday Hilda stepped backwards to return the ball and tripped! Now she’s got a broken wrist and she can’t play pickleball with us for 6 to 12 weeks!” In recent weeks there have been quite a few injuries on our Villages PB courts.

As with any sport, there are risks involved in Pickleball. These issues can be minimized with proper precautions and self-care. Below are some common injuries and suggestions to help you prevent injuries.

Common injuries fall into these categories:

1. Falls (usually from back peddling to get a lob). The most common PB fracture is a foosh fracture (fall on out-stretched hand)
2. Strains (overstretching a muscle)
3. Sprains (when a ligament is overstretched)
4. Joint Dysfunction (caused by abnormal movements in our joints)
5. Tendinopathies (dysfunctions involving our tendons which result in tendinitis or tendinosis)

Here are some suggestions to help you stay safe on our courts:

1. Never run backwards during lobs or you could trip over yourself. Instead, fully twist your hips to the side to run back toward the end of the court.
2. Warm up before every game, either at home or on the courts before you play.
Dynamic stretching is actively moving your joints and muscles with pickleball-specific motions for 10 repetitions, with a focus on muscle groups. The following exercises are encouraged and can be found online.
 - a. Arm Swings
 - b. Trunk Twists
 - c. High Knees
 - d. Lunges
 - e. Side Shuffles
3. Protect your eyes. The force of the ball hitting you in the eye can be damaging. Goggles are best.
4. Notice any pain. Pain indicates injury. You may need to let an injury heal longer or wear a brace to protect fragile joints.
5. Wear proper shoes...supportive shoes that are designed to be used on a court (tennis shoes or court shoes)

OK, Pickleballers! Have fun and stay safe out there!

Thank you to David Cook for encouraging this article.

Tidbit: A person who never made a mistake never tried anything new. Albert Einstein