

Let's Warm Up, Pickleballers!

It is a fact here at the beautiful Villages that most of us are not spring chickens anymore. I certainly have had my share of enjoying playing a few games and then "feeling it" the next day.... or that night. So today our topic is injury prevention to keep us healthy and happy on our courts.

What are the major injuries sustained as a PB player, you might ask. If it extends, flexes, rotates, or twists, we can injure it. Most injuries are musculoskeletal and joint-related issues: strains, sprains, and tears of the wrists, elbows, shoulders, back, quads, hamstrings, knees and ankles.

So, ***how can we avoid body trauma while playing our favorite sport?***
Two words: Warm Up!

I read of a doctor who would tell his senior patients that they were a mint condition old school car. They might be worth a million dollars, but their parts had seen better days. Like that car, for our bodies to purr like a kitten, it needs to be warmed up first, for 5 to 10 minutes.

We must do Dynamic Stretching, which is actively moving our joints and muscles with PB-specific motions for 10-12 repetitions, with a focus on certain muscle groups.

- Arm Swings: horizontal, circular, and forward
- Trunk Twists: twist side to side
- High Knees: alternate bringing your knees up to your chest
- Side Shuffling
- Slow Jog

Hopefully you will incorporate some of these exercises into your pre-PB routine. But.... if it hurts, don't do it!

Wishing you all Happy, Safe, and Healthy Pickleballing... and a Happy Valentine's Day!