

Uh Oh! I'm Falling!

"Do you think you'll be coming back to play Pickleball some day?" I was asked this many times after my broken wrist accident on the PB courts four months ago. I contemplated this question often and wasn't sure for a long time of the answer. But after lots of healing, less pain as time went on, and lots of physical therapy, I realized that my passion for pickleball was still within me. I am back!! Slowly but surely, I am beginning to play again...and I like it!!

Two huge thank yous:

First, to my husband and my many wonderful PB friends who gave me so much help, encouragement, and TLC, especially during my first few weeks of recovery. It was amazing and so appreciated!

Second, I thank Anahid Gregg for stepping up and writing excellent PB articles for the Villager in the last four months. Thank you, Anahid!

Did you know that there is a correct way to FALL in PB?

Yup, there is!

Unfortunately, I had no time to think about falling correctly. I went smack down in an instant. However, many falls give you a few seconds to think about how to fall... Here are some suggestions from AARP:

1. Stay bent...elbows and knees. When you're rigid, you might suffer FOOSH—doctor speak for "Fall on outstretched hand" ...resulting in broken wrist or elbow.
2. Protect your head. Turn your face to the side when falling forward. Tuck your chin to your chest if falling backward.
3. Land on the meaty parts of your body: muscles in your back, derriere, or thighs...not bone.
4. Keep falling. Roll with the fall.
5. According to stunt artists: as you fall, let your body roll, and extend your arm palm-down, to slap the ground and stop yourself.

I realize when you're falling you usually only have 2-3 seconds to make all the above decisions, so maybe it's worth practicing at home?!

See you on the courts and hopefully at the Dink N Drink, Friday, September 8th at 4:30.

