

10 Ways to Prevent Pickleball Injuries

1. **Wear proper footwear.** General recommendations for footwear are a shoe with a more rigid heel box, flexible toe box and some level of arch support.
2. **Warm up prior.** Pickleball uses A LOT of different muscle groups. Be sure to do an ACTIVE warm up of all groups prior to exerting yourself.
3. **Consider protective eyewear.** Not only should you consider a physical barrier for your eyes when playing pickleball, but when outside, consider wearing some sort of sunglasses or a hat at the very least.
4. **Avoid playing on a wet court.** This may go without saying but also consider clearing the court of small rocks and leaves that may result in injury.
5. **Learn proper form.** Technique, like in any sport, will go along way in preventing injuries.
6. **Listen to your body.** If you perceive an abnormality, ache, pain, or other dysfunction, it is probably worth addressing with a medical provider. Most are much easier to address early on rather than waiting.
7. **Stay hydrated.** Muscles and other systems in your body require hydration to functional optimally. Often, if you wait until you're thirsty to begin hydrating, you are already behind.
8. **General exercise.** Strength and conditioning will go a long way in reducing orthopedic injuries that commonly occur when playing pickleball.
9. **Know your limitations and skillsets.** If you have a limitation (i.e. difficulty with balance, a recurring knee injury, history of cardiac dysfunction, etc.), address it prior to beginning a pickleball season and discuss with medical provider.
10. **Gradually ramp up activity.** The majority of overuse syndromes happen because activity was too much too quickly.



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