

Pickleball



PICKLEBALL RULES

Find an instructor

Injury prevention begins by finding an instructor who can demonstrate proper warm-up exercises and form, and help you find the correct-size paddle handle. USA Pickleball provides a national database of certified instructors and clubs you can join.

Hit from the hips

Many injuries, especially of the shoulders, wrists and elbows, happen when people rely too heavily on their arms when they return the ball. Instead, hit from the hips as much as you can, using your legs and core muscles to generate power.

Get the right shoes

Running shoes aren't appropriate for pickleball. You need tennis shoes, which are specially designed for side-to-side support, to reduce the risk of falls. They're probably even more important for pickleball than they are for playing tennis itself.

Always warm up

Experts recommend spending 5 to 10 minutes doing some form of aerobic exercise (walking, jogging) and stretching the major muscle groups. Once you're on the court, warm up with some easy serves, lobs and volleys before beginning a game.

Respect recovery

Cool down after playing pickleball by walking and stretching for several minutes. Keep hydrated before, during and after your game to reduce cramping and promote healing. Avoid overexercising, and leave time for rest between your practices.

More than 85 percent of pickleball-related injuries seen in the ER happen to folks ages 60 to 79. Men are more likely to suffer sprains and strains, while women are more likely to experience a fracture, especially of the wrist. For maximum fun and minimum trips to urgent care: