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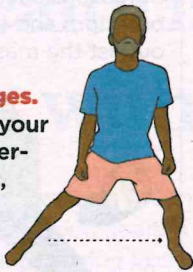
It's the fastest-growing source of sports injuries in America. Here's how to play—without the pain **BY PAMELA PEEKE, M.D.**

THE PERFECT PICKLEBALL WARM-UP

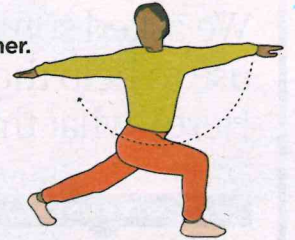
Warm up with 10 minutes of light aerobics, followed by some stretches that target the most-often injured body parts

Lateral lunges.

Stand with your feet shoulder-width apart, knees slightly bent. Lift your left foot and take a big step to the left (keeping the left knee slightly bent). Pause, then push your hips back and lean forward as you press off the left foot and move your feet back to the starting position. Repeat on the right side.



Forward lunges with rotation. Stand with your feet together. Take a big step forward with your right foot, planting it firmly on the ground with your knee directly above (not in front of) your foot. Twist your shoulders and chest toward the right as far as you can. Pause, then twist back to face forward again. Push off your right leg to return to the starting position. Repeat with your left leg.



Arm and shoulder circles.

Stand with your feet shoulder-width apart. Extend your arms straight out to your sides like a bird. Keeping your elbows straight, draw small circles in the air forward and then backward 10 times. Next, draw larger circles forward and then backward 10 times.



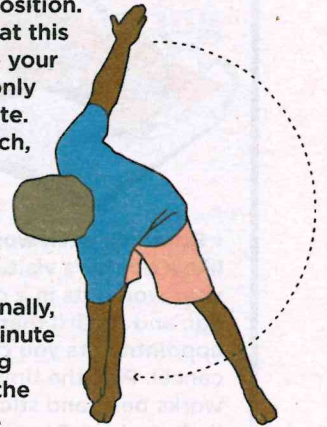
Hip swings.

Stand with your right shoulder an arm's length from a wall and rest your right hand on the wall. Lift your left leg and kick it forward, then swing it back behind you in a pendulum-like motion. Repeat 5 to 10 times. Now turn around, rest your left hand on the wall, and repeat the exercise with your right leg.



Core twists and stretches.

Stand with your feet slightly wider than hip-width apart and extend your arms straight out to the sides. Engaging your core, rotate your torso to the left, then bend forward and to the left until you can tap your right hand to the outside of your left foot. Return to the starting position. Now repeat this motion to your left side only for 1 minute. Then switch, tapping your left hand to your right foot for 1 minute. Finally, spend 1 minute alternating between the two sides.



MOST COMMON PICKLEBALL INJURIES

1 BACK: Strain caused by repeatedly bending to hit balls low to the ground or by abruptly twisting and turning

3 ELBOW: Inflamed tendon caused by repetitive swinging motions

5 HIP: Contusion or fracture caused by losing your balance and falling

7 ACHILLES TENDON: Strain or tear caused by quick and frequent twisting, turning and pivoting, as well as by sudden starts and stops

2 SHOULDER: Rotator cuff injury caused by repeatedly swinging the paddle and making contact with the ball

4 WRIST: Fracture caused by falling and catching yourself with your hand

6 KNEE: MCL strain or sprain or meniscus tear caused by quick and frequent changing of direction

8 ANKLE: Sprain caused by rolling an ankle inward due to landing wrong, tripping, falling or pivoting sharply

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