

Pickleball Injury Prevention

June 16, 2022

Upper Extremity - Neck, Shoulder, Elbow



Common Upper Extremity/Neck Injuries

- Neck muscle strains
- Rotator cuff strain/tear
- Shoulder Impingement
- “Tennis Elbow”/Elbow tendonitis
- Wrist tendonitis

Upper Extremity Exercises to Reduce Injury

- Dynamic warm ups
 - Scap retraction, shoulder circles/rolls
 - Dynamic shoulder flexion/scaption/abduction
 - Neck rolls
- Rows
- Shoulder ext
- Latt pull downs
- Rotator cuff strengthening - internal and external rotations
- Sidebending neck stretches

Lower Extremity - Back, Hip, Knee, and Ankle



Common Lower Extremity Injuries

- Low back pain
- Hip pain/bursitis
- Knee ligament/meniscus injury
- Patellofemoral disorders
- Ankle sprain
- Achilles injury

Lower Extremity Exercises to Reduce Injury

- Dynamic warm up & staying active between sets
 - Standing, walking, heel raises
- Clamshells
- Bridges
- Side steps
- SLS
- Sit to stands
- Heel/toe raises