

DINK, DIVE, DOMINATE

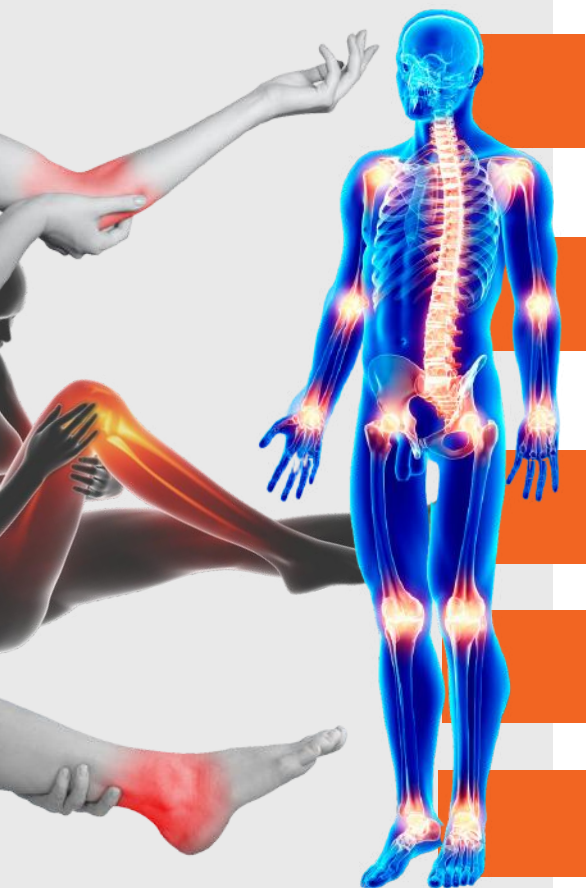
EXPERT PHYSIO TIPS TO KEEP YOU ON THE PICKLEBALL COURT.

Hey Pickleball Enthusiasts! As the game surges in popularity, so do injury risks—but you don't have to sit out. In this edition, we're sharing tips to prevent common injuries, boost performance, and keep you on the court. From strength-building exercises to must-know prevention strategies, we've got your back (and knees, shoulders, and elbows!).

Let's make your next game your best yet—pain-free and powerful!



5 COMMON INJURIES IN PICKLEBALL PLAYERS



1) ANKLE SPRAINS:

Sudden lateral movements or pivoting can strain ligaments

2) ROTATOR CUFF STRAINS:

Overhead serves/smashes stress shoulder tendons.

3) TENNIS ELBOW (LATERAL EPICONDYLITIS):

Repetitive gripping and swinging.

4) KNEE STRAINS:

Lunging or twisting during play.

5) LOWER BACK PAIN:

Poor posture or excessive twisting during shots.

4 WAYS TO MITIGATE RISK FACTORS



DYNAMIC WARM-UPS:

Prep muscles with leg swings, arm circles, and light cardio.



COURT-SPECIFIC FOOTWEAR:

Strengthens glutes, hamstrings, and stabilizes the pelvis.



TECHNIQUE COACHING:

Work with a pro to refine strokes and footwork.



REST & RECOVERY

Take rest days and cross-train (e.g., swimming, yoga).



3 ESSENTIAL EXERCISES FOR INJURY PREVENTION:

ROTATOR CUFF STRENGTHENING:

Exercise: Resistance band external rotations (3 sets of 12 reps).

Why: Stabilizes shoulders during overhead motions.



LATERAL LUNGES:

Exercise: Step sideways, bend knee, keep chest up (3 sets of 10/side).

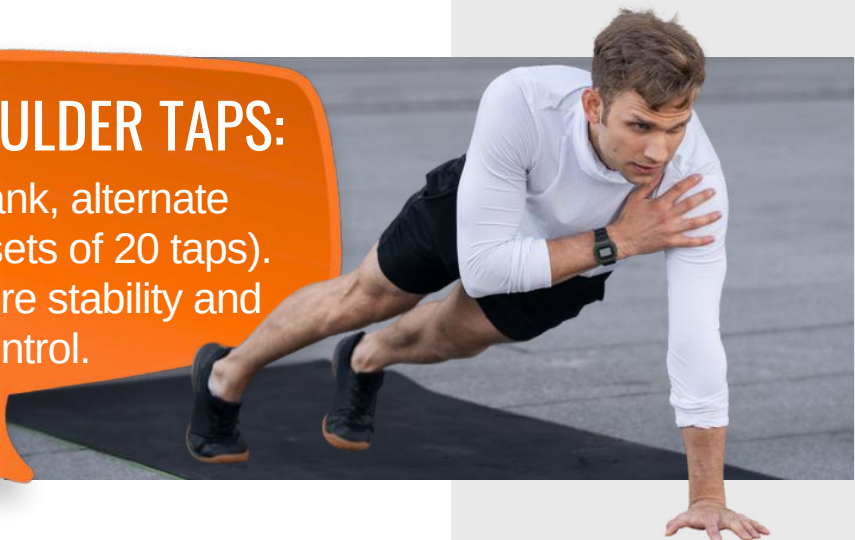
Why: Builds agility and knee stability.



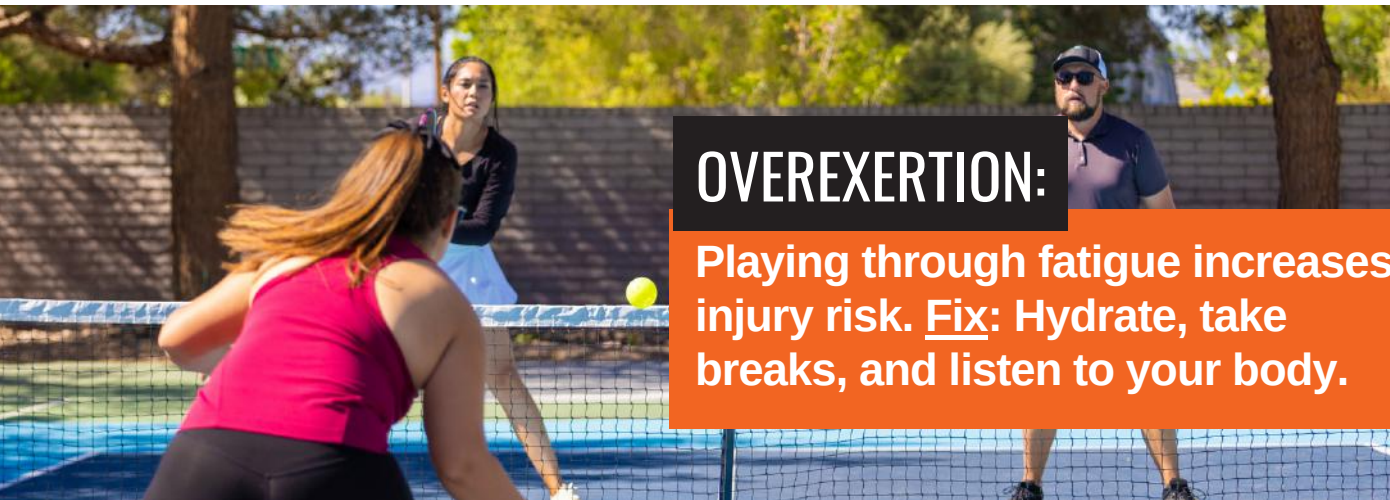
PLANK WITH SHOULDER TAPS:

Exercise: Hold plank, alternate tapping shoulders (3 sets of 20 taps).

Why: Enhances core stability and shoulder control.



2 COMMON MISTAKES TO AVOID



OVEREXERTION:

Playing through fatigue increases injury risk. Fix: Hydrate, take breaks, and listen to your body.

POOR FOOTWORK:

Standing flat-footed or crossing feet. Fix: Practice split-step and shuffle steps for better balance.

1 ERGONOMIC TIP FOR PEAK PERFORMANCE

Choose the Right Paddle Grip Size:

- A grip too large/small strains the forearm and wrist.
- **Test Fit**: When gripping, there should be a finger's width space between fingertips and palm.



Final thought: Pickleball is all about fun and fitness! Prioritize prevention, refine your technique, and consult a physiotherapist if pain persists. Stay strong, play smart, and keep dominating the court!

