



IMG PHYSICAL THERAPY

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Pickleball Injury Prevention Program

Common Pickleball Injuries:

- Shoulder/ Knee/ Ankle Sprains
- Lateral Epicondylitis (Pickleball Elbow)
- Achilles Tendinitis
- Wrist Fractures
- Heel Bruising
- Concussions
- Plantar Fasciitis

How to Prevent Injuries:

Warm-up: Increase blood circulation; decrease risk of injury

**Start with a 3-5 minute walk

Side shuffles along the width of the court

Single Leg Balancing: Hold 30 seconds each leg. Repeat 3 times

Dynamic Stretching: *Perform along the width of the court

Keep your body temperature up while working on flexibility

Heel Ups - bend your knee to bring your heel to your buttocks x 15

Side Lunges: Lunge to right with left leg straight. Switch to Left. 10-15 each side

Rotational Lunges - lunge and rotate your trunk to the left and right x10

Arm/ Wrist/ Neck Circles x 20

Cool Down: Lower your body temperature; bring your heart rate back to normal range

*Hold stretch for 30 seconds and repeat 3 times

Calf Stretch - go into a mini lunge position but keep that back leg straight

Hamstring Stretch - bend forward to touch your toes

Quadriceps Stretch - grab the heel / foot and pull up toward your buttocks

Arm Reaches - bring one arm across your body and use your other arm to bring it closer to your body until you feel a stretch

Trapezius Stretch - bring one ear to the same side shoulder, you can use the arm on the side you are bending to; add overpressure until you feel the stretch

Key Factors:

FOOTWEAR:

- The shoe should allow for quick forward and backward movements, with the stability on the lateral aspect...Ankle support is crucial!
- Outdoor court: heavier thicker outsoles, tennis shoes



- Indoor court: softer thinner outsole, usually lighter, more traction, court or volleyball shoes



- Replace shoes: after 60 hours of play or 3-4 months after purchase
- Fromuth is a local store specializing in tennis, pickleball, and racquet sports located at:
 - 1100 Rocky Dr, West Lawn, PA 19609

HYDRATION:

- -24oz of water for every 1 hr. Include electrolytes

WORKING IN
THE HEAT?

8 OZ
EVERY 15-20
MINUTES

24-32 OZ
PER HOUR



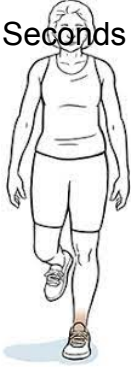
Warm-up

Warm up (10-20 min)

- Increases body temperature and stretches muscles and joints to increase flexibility and range of motion and balance
- Examples:

Single leg balance to prevent falls

Hold 30 Seconds and repeat 3 times



Side lunges (10-15 Xs each side)

Lunge to right with left leg straight. Switch to Left.



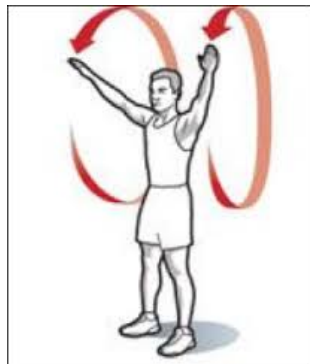
Heel ups

bend your knee
to bring your heel
to your buttocks x 15



Neck/Arm/Wrist Circles

Perform 20 of each



Rotational Lunge

lunge and rotate your trunk to the left
Repeat to right x10



Cool Down:

- Brings down body temperature and helps prevent cramping
- Hold Each for 30 seconds and 3 times each side
- Examples:

Calf stretch

Go into a mini lunge position
keep that back leg straight



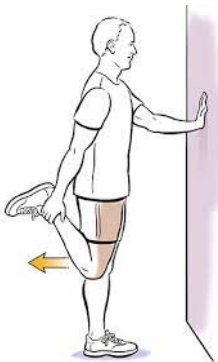
Hamstring Stretch

Bend forward to touch your toes



Quad Stretch

grab the heel / foot and pull up
toward your buttocks



Shoulder Stretch

bring one arm across your body and use
and use your other arm to bring it closer to your body
until you feel a stretch

