



Creating Excellence Together

How Can Physical Therapy “Serve Up” Pickleball Injury Prevention?

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Please note this is for educational purposes only, not intended to take the place of personalized medical service.

Our Learning Objectives

- *Pickleball's Rise to the Top*
- *Common Injuries*
- *How to Prevent Injuries*
- *Let's Talk about Exercise!*
- *Questions*

What is Pickleball?

- Fastest growing sport in the US
 - Grew 40% between 2019 and 2022 (invented in 1965)
 - 75% participants >55 yo
- Cross between tennis, ping pong and badminton
 - Smaller courts and different ball that moves slower
 - Underhand serve
 - Slower, lower-impact



Common Injuries

- Most common include:
 - Strains/sprains
 - Fractures
 - Contusions
- Males 3.5x>Females → strain or sprain
- Females 3.5X>Males → fracture
 - 9x more likely to be a wrist fracture
- Injuries include:
 - Inversion ankle sprain
 - Achilles strain or rupture
 - Knee pain
 - Plantar fascia pain
 - Strain of hamstring, quadriceps, adductors, hip flexors
 - Wrist pain or epicondylitis
 - Back strain
 - Fracture from a fall

Common Injuries



- Why these:
 - Poor shoe wear
 - Tight calf muscles
 - Rapid side to side movements, weakness through hips
 - Tight muscles, not warmed up properly
 - Poor grip on racket, overuse
 - No warm-up



*How do I stay
off the bench?*

Injury Prevention: Proper Shoes



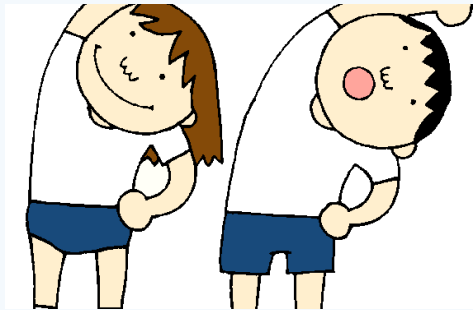
Wide toe-box and arch support

Support under foot allowing you to feel connected to the court.

Midfoot shank for added stability and unwanted twisting

Excellent traction like a herringbone pattern

Injury Prevention: Dynamic Stretch



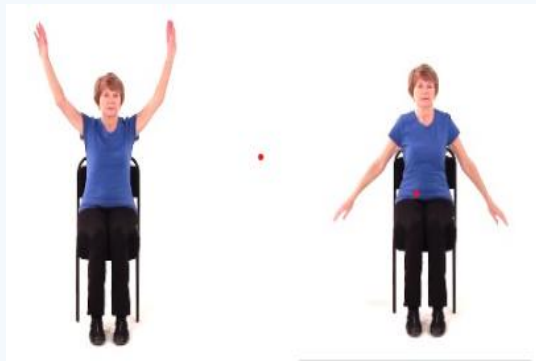
BEFORE you play

Mimics movements you will use for play

5-10 min for warm up exercises

Slow jog/Fast walk for cardiac warmup

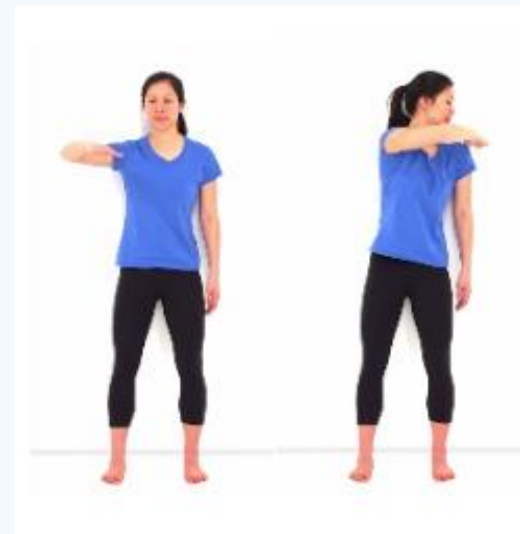
Injury Prevention Dynamic Warm-up Exercises



Shoulder/Arm circles
and Arm swings



Hip openers and Hip
swings



Trunks twists

Injury Prevention Dynamic Warm-up Exercises



Side shuffle



Hamstring Walk



Side hops

How do I stay off the bench?



Strengthening Program:

2-3 times per week

10-15 reps per exercise to start

Stretching Program:

Daily

Hold 30-60 sec each, repeat 3 times

Stay off the Bench Program: Strengthening



Lunges:
forward, side, backward



Hamstring Bridge

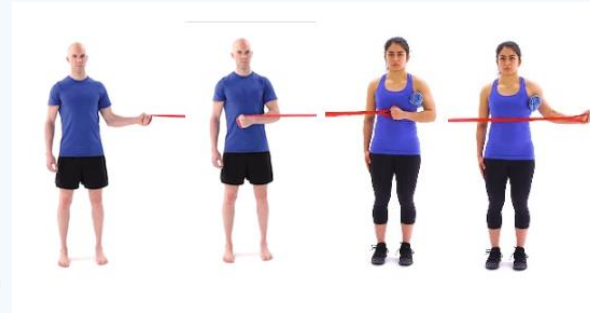


Calf Raises

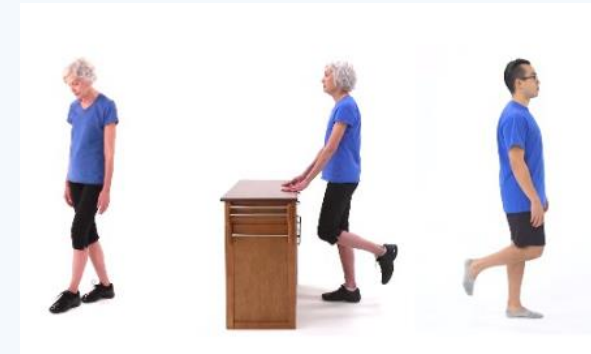
Stay off the Bench Program: Strengthening



Resisted Side Step

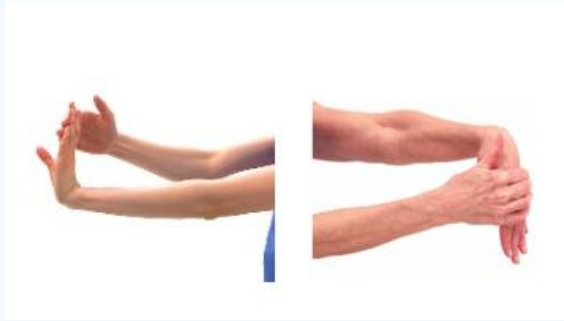


Shoulder IR/ER



*Balance:
Tandem → Single Leg*

Stay off the Bench Program: Static Stretch



Wrist Stretch

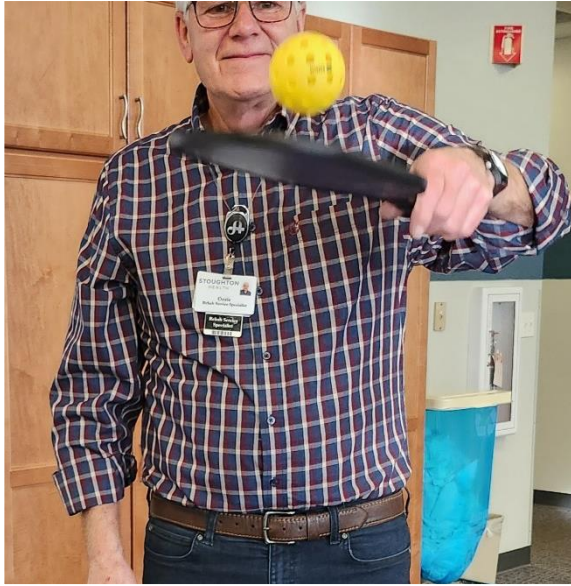


Calf Stretch



Hamstring and Groin
Stretch

Stay off the Bench Program: Hand/Eye Coordination



Bounce ball on paddle on large surface then progress to paddle edge



Throw ball to yourself with eyes closed then open eyes quickly to catch the ball



Close eyes and have friend throw ball to you and open eyes quickly to catch the ball

Have a current pickleball injury or concern?

- Contact your PCP to get an order for therapy
- Call Us!
 - Stoughton Health Rehab
 - Stoughton PT or OT
 - 608-873-2292
 - Oregon PT or OT
 - 608-835-5373



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Questions?