

Pickleball and Injury Prevention

with Banff Sport Medicine
Foundation



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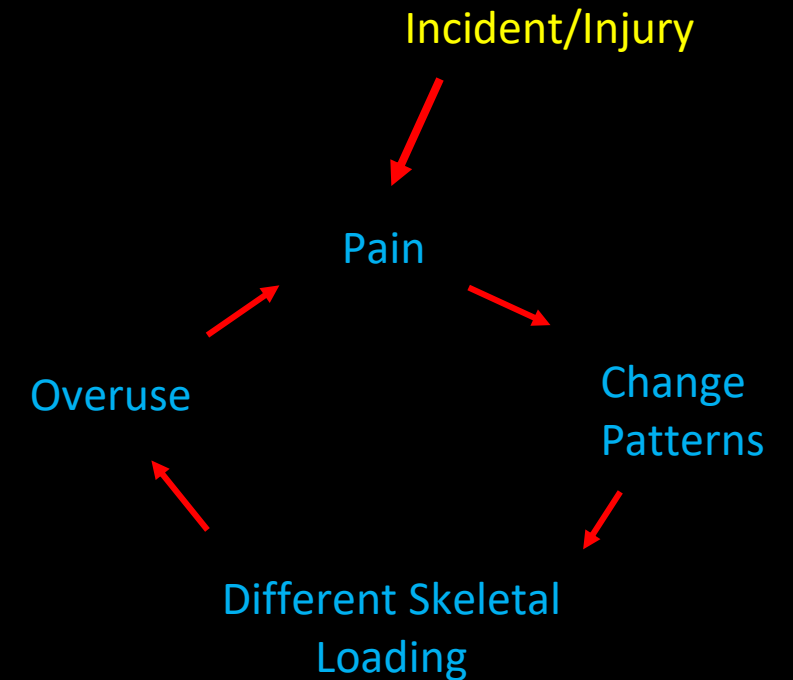
Overview

- Common injuries in Pickleball
- Prevention of Injuries
- A Pickleball Warm Up
- Basic Training Principles
- When to see a professional
- Participation time!



Common Injuries and Mechanisms

- Most common:
 - Wrists
 - Shoulders
 - Knees
 - Ankles
- Slip, Trip, Fall, and Dive are the most common mechanisms
- Pickleball Injuries are associated with:
 - Decreased mobility, coordination and strength
 - Increased age
 - Previously sedentary lifestyle
- In men, sprains and strains are more common
- In women, fractures are more common





Prevention of Injuries

- Court Preparation:
 - Surface is clean
 - Appropriate footwear
- Completing a warm Up
- Increased Strength
- Increased Agility
- Quality movement patterns



Example Warm Up

- **Cardio** - of your choice
- **Dynamic mobility:**
 - Leg swings
 - Arm swings
 - Ankle Sweeps
 - Wall T-spine Archers
- **Activation**
 - Wall Angels
 - Back Lunges
 - Calf Raises
 - Individualized injury-specific activation
- **Plyometric/Agility**
 - Skipping forward, backward, sideways
 - Single leg landings
 - Single Leg Hops

Then - Pickleball Canada's skill specific pre-game warm up

Basic Training Principles

- Awareness/proprioception – knowing where the body is in space
- Control – precision of movement
- Choose simple exercises to master, then slowly add complexity

Control



Variability



Load



Load + Variability



Speed

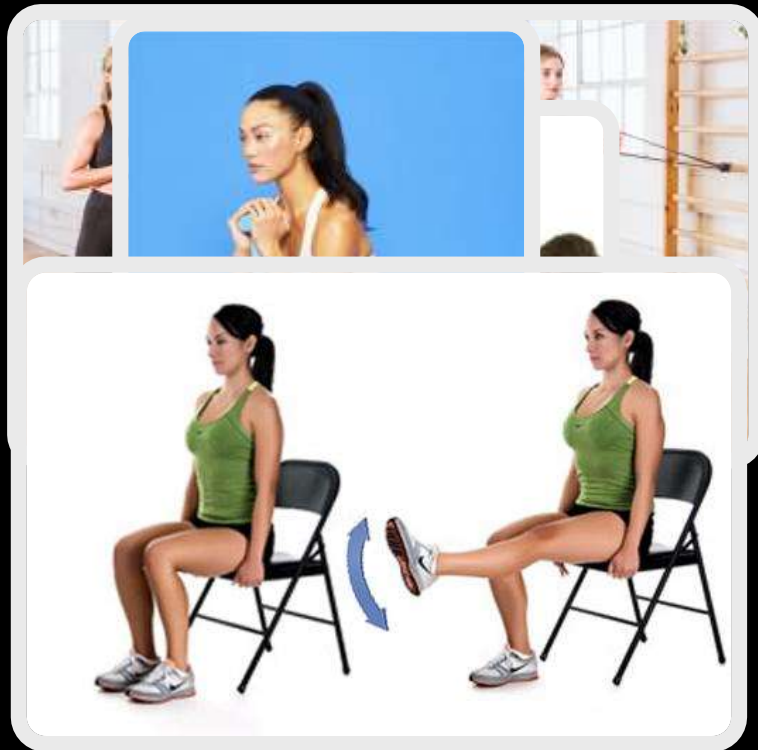


Speed + Variability



Basic Training Principles

- Keep it very simple!
- Do NOT progress to something new if you do not have full control over the movement you are practicing



Straight → Rotation
Neutral → Flexed
Simple → Complex
Single Joint → Multi Joint





Summary

- Proper warm up and player preparedness will prevent injuries
- See a medical professional if there is cause for concern
- Keep moving, motion is lotion
- Begin with the very simple things, do them well
- Gradually increase complexity and/or load
- Overall strength is good for performance and injury prevention
- Be aware of your body's responses to training
- Ask a professional if you are unsure



Red Flags

When to go see a professional:

- Unchanging pain
- Pain increasing with continued play or session to session
- Referring pain (down the limbs)
- Numbness or tingling
- Muscle weakness or “giving out”
- Pain that wakes you

* not an exhaustive list, if you are concerned please see a medical professional





AIC Clinics

Acute Injury Clinics:

- Injury must be within 10 days
- Must be a new injury
- Cannot be a fracture
- Not including the spinal region

For more information go to:

www.banffsportmed.ca/acute-injury-clinic/





Questions?



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Practice - Warm Up

- Cardio - of your choice
- Dynamic mobility:
 - Leg swings
 - Arm swings
 - Ankle Sweeps
 - Wall T-spine Archers
- Activation
 - Wall Angels
 - Back Lunges
 - Calf Raises
- Plyometric/Agility
 - Skipping forward, backward, sideways
 - Single leg landings
 - Single Leg Hops



References

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