

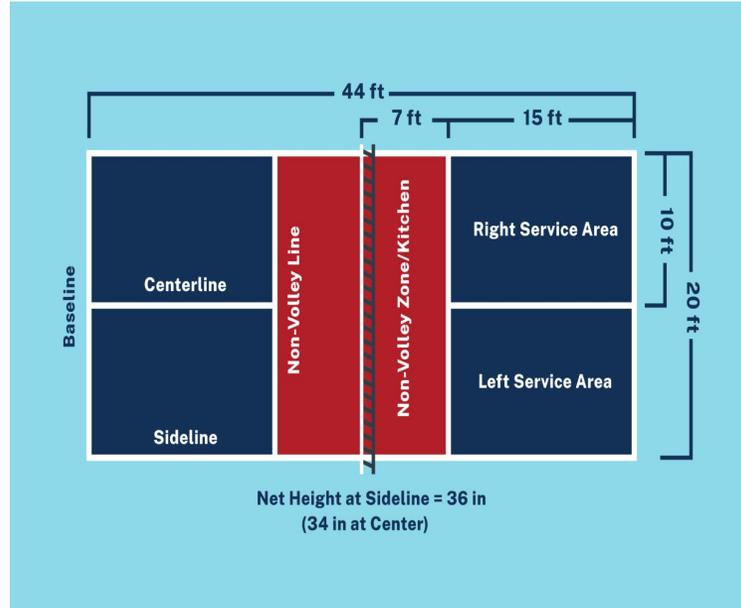


Pickleball

By: Alex Wetherholt

What is Pickleball

- A fun sport that combines many elements of tennis, badminton and ping-pong
- Played both indoors or outdoors on a badminton-sized court and a slightly modified tennis net
- Played with a paddle and a plastic ball with holes
- Played as doubles or singles
- Can be enjoyed by all ages and skill levels



Required to play

Common Injuries



- Ankle Strain
- Achilles Tendon Strain
- Knee Strain
- Hamstring, Groin, Quad Strain
- Wrist Fracture
- Shoulder Strain
- Elbow Strain (pickleball elbow)



Key Elements PT's and PTA's can focus on

- Dynamic Warm Up
- Specific Pickleball Warm Up
- Cool Down
- Flexibility
- Strengthening
- Endurance
- Balance
- Mobility
- Agility



Upper Body	Lower Body
Wrist Flex/Ext	High Knees
Arm Circles/Swings	Butt Kicks
	Open/Close the Gate
	Windmill
	Hamstring Kicks
	Moving Lunge with Twist
	Jog forward to net and backpedal back
	Karaoke
	Side to side shuffles

Dynamic Warm Up

- A dynamic warm up is vital
- 5-minute jog/walk around the court



Specific Pickleball Warm Up

- Dink warm up-one side of the court, to cross court to triangle dinking
- Wall drills
- Back and forth drills– varying long and short shots
- Play with only half the court

Cool Down/ Flexibility

- Most skipped although it makes a difference when it comes to recuperation time
- Breathe out with stretch and in when relaxed
- Hold each static stretch for 30-40 seconds if >60 years old
- Hold each static stretch 60-90 seconds if <60 years old



Upper Body

Wrist flex and ext

Arm across body

Pec

Lower Body

Hamstring

Quad

Knee hugs

Piriformis

Tailor

LTR

Open Book

Strengthening

- Increasing strength can help avoid injury
- Performing concentric and eccentric exercises



Lower Body

Squats

Lunges

Clamshells

Lateral Walks

Monster Walks

Upper Body

Shoulder Retractions

Lat Pull Downs

Shoulder Int/Ext
Rotation

Push Ups

Wrist eccentrics

Core

Planks

Russian twist

TA activation

Diaphragmic
Breathing

Endurance



Perform 30 minutes a day



Walking



Biking



Jogging/Running



Swimming



Balance

- Playing pickleball requires a lot of balance, you don't want to fall chasing the ball
- Tree Pose
- Warrior II
- High Lunge
- Chair pose



Mobility

- Mobility training can help jump higher, run faster, move without pain
- Cat/cow pose
- Glute bridges
- Hip rotations
- Ankle raises

- Yoga Classes get a combination of strength, mobility, flexibility, and endurance



Agility

- Footwork and a good ready position is key to be prepared to move in any direction
- Ladder drills
- Hurdles
- Plyometrics

Pickleball players treating
Pickleball players

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Pickleball



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- ⇒ Hamstring Strain
- ⇒ Quad Strain
- ⇒ Wrist Fracture
- ⇒ Shoulder Strain
- ⇒ Elbow Strain

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Want to stay in the game?

- **Warm up:** A dynamic warm up is vital
- **Strength:** Increasing strength can avoid injury
- **Balance:** Maintain balance with dynamic movements
- **Mobility:** Mobility training can help jump higher, run faster, move without pain
- **Cool down:** Frequently skipped but can help with recovery
- **Endurance:** Finish the game without being tired

**We can make you a specific
pickleball program!**



Pickleball players treating
Pickleball players

References

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