Pickleball is one of the fastest-growing sports in America. But with its increased popularity, the number of pickleball-related injuries has also risen — from overuse injuries like “pickleball elbow” to fractures from falls. These tips from OrthoInfo can help you stay safe on the court.

**TAKE LESSONS**
Bad technique can lead to injuries. Have a pro show you the right way to swing and move around the court.

**WEAR APPROPRIATE SHOES**
Choose shoes designed for pickleball or tennis to ensure proper support and court traction.

**WARM UP**
Do light calisthenics and stretches before you play — and start with easy hitting drills before going all-out.

**STAY HYDRATED**
Dehydration can contribute to weakness and slower reaction times, which can lead to injuries.

**KNOW YOUR LIMITS**
Don’t overdo it! Playing too hard or long can cause knees with arthritis to swell. Playing for shorter durations may help.

Learn more about sports injury prevention at OrthoInfo