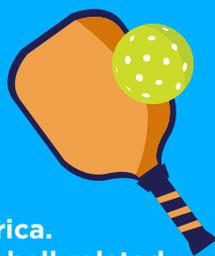


# 5 Pickleball Injury Prevention Tips



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*

