

Mayo Clinic Minute: How to prevent injuries when playing pickleball

VIDEO	AUDIO
	"P" is for pickleball. And Mayo Clinic hand and wrist surgeon Dr. Sanj Kakar says there are four other P's that players should remember to avoid injury.
GRAPHIC: Proper stretching	"No. 1: You have to have proper stretching."
	"And when we get out on the pickleball court, we think it's a smaller court. It's a slower sport. We don't have to stretch. And forget about hand and wrist injuries, we see so many Achilles tendon injuries."
Sanj Kakar, M.D. Orthopedic Surgery Mayo Clinic	"Proper stretching starts from the feet up. And that includes the lower extremities, the back, the neck and the upper extremities."
GRAPHIC: Practice with purpose	"No. 2: You have to practice with a purpose."
	"Rather than spending an hour on the court with repetitive, repetitive, repetitive — that leads to chronic injuries, chronic use, chronic overuse."
GRAPHIC Proper equipment	"No. 3: You have to have proper equipment."
	"Do they have the appropriate paddle? Is it thick enough? As we get older, for example, when we pinch, that puts further areas of stress on the hand. And, so, when you're squeezing so hard, it can lead to increased pressure on the wrist."
GRAPHIC: Proper mechanics	"And finally, and probably most importantly, proper mechanics."
	"Because the ball doesn't bounce as high, when they're actually going for the ball, the motion is actually more violent than, I would say, tennis."
	For the Mayo Clinic News Network, I'm Jason Howland.