

Mayo Clinic Minute: Pickleball injuries and prevention

Video	Audio
	A common pickleball injury is a traumatic one — like a broken wrist.
Sanj Kakar, M.D. Orthopedic Surgery Mayo Clinic	"Sometimes the patients are a little bit older, they may have undiagnosed osteoporosis, they fall over, they break their wrist, and we see actually a lot of those injuries."
	Mayo Clinic's Dr. Sanj Kakar says players can also face problems from overuse.
	"For example, the tendinitis type of injuries that when somebody plays, they're not conditioned to it."
	The goal is to prevent those types of problems in the first place. Dr. Kakar says to think of these three P's when heading to the court.
	"Properly warming up, having proper equipment and also proper form."
	Warm up by doing stretches before taking your first swing.
	"It's not tennis, it's not squash, it's its own sport. So having proper equipment is important."
Nats Pickleball Paddle	
	"Like having a proper paddle, which is thicker, so you're not gripping as hard."
	And when it comes to proper form, consider taking a lesson.
	For the Mayo Clinic News Network, I'm DeeDee Stiepan.