

The background of the image is a tennis court. A tennis net is visible in the upper half, and a bucket of tennis balls and a tennis racket are in the lower half. The text is overlaid on this background.

**7 MOST COMMON
TENNIS &
PICKLEBALL
INJURIES**

**AND HOW TO STOP
THEM SO YOU CAN
STAY ON THE COURT**

More  Life

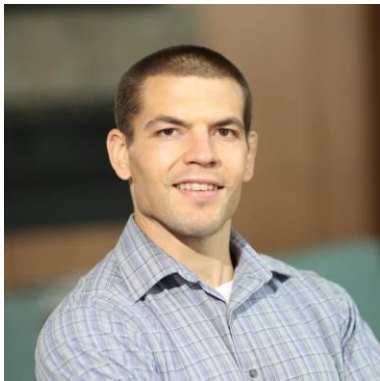
About the Authors



Dr. Genyl “Neil” Rufino, PT, DPT, OCS, CSCS

Dr. Neil Rufino is a physical therapist who helps active adults in St. Louis get back to doing the things that they love. He received his Bachelor of Science degree in 2014 from Illinois Wesleyan University, where he was also a Varsity Tennis player. He then earned his Doctor of Physical Therapy degree from Washington University in St.

Louis in 2018. Dr. Rufino is board-certified in orthopedic physical therapy, a credential that less than 10% of physical therapists hold. Dr. Rufino is also a Certified Strength and Conditioning Specialist.



Dr. Dave Candy, PT, DPT, OCS, ATC, FAAOMPT

Dr. Candy owns More 4 Life in St. Louis, MO, where he helps patients overcome nagging aches and pains naturally without medications, injections, or surgery so they can stay active, mobile, and healthy. Dr. Candy received his Doctor of Physical Therapy degree from the University of Pittsburgh in 2008. In 2012, he graduated from a two-and-a-half year fellowship program in orthopedic manual

physical therapy through the Manual Therapy Institute. Dr. Candy is a Board-Certified Specialist in Orthopedic Physical Therapy, a Certified Athletic Trainer, and a Fellow of the American Academy of Orthopedic Manual Physical Therapists

We created this e-book called **7 MOST COMMON TENNIS & PICKLEBALL INJURIES AND HOW TO STOP THEM SO YOU CAN STAY ON THE COURT** because there are several common tennis and pickleball injuries that are easily preventable with the right information. We hope you learn some useful information that you can use to stay free from pain and get back on the court.

Introduction

In this special report we will share with you the **7 MOST COMMON TENNIS & PICKLEBALL INJURIES AND HOW TO STOP THEM SO YOU CAN STAY ON THE COURT.**

Tennis and pickleball involve a number of repetitive motions involving your entire body:

Serving, running, cutting, forehands, backhands - **and repeat.**

Whether you play tennis or pickleball competitively or recreationally, when you do these type of movements repetitively, overuse injuries can happen if you're not moving efficiently.

This guide will share some easy tips that you can start using right away to prevent and/or recover from injury. Some of the tips may help right away. Others may take time.

Without knowing your specific history, I cannot tell you which tip will work best for you. There is no guarantee that every single strategy will work, but it's likely that you'll find at least one or two that do.

TAKE THE CHALLENGE: Try at least one of these strategies each day for the next week. It won't cost you anything but a few minutes of your time. We think you'll be surprised by how much better and healthier you will feel for doing so.

And if you do need more help we'd be happy to help you. Just call our office at **314-941-3970** and we can get you scheduled for an individual evaluation to get you back on the court as quickly as possible.

7 MOST COMMON TENNIS & PICKLEBALL INJURIES AND HOW TO STOP THEM SO YOU CAN STAY ON THE COURT

#1: Tennis Elbow (Lateral Epicondylalgia)

You might have expected this one as the name suggests.

“Lateral epicondylalgia” literally means pain on the “outside of the elbow”

It can be caused by sports or activities that require repetitive movement of the wrist such as tennis, pickleball, golf, or even typing or playing piano.

The muscles that attach to the bump on the outside of the elbow can pull on the bone causing inflammation.

When tennis elbow becomes chronic though, the pain lasts even after the inflammation has gone away. **This is why cortisone injections don't always help.**

In tennis and pickleball, causes can include:

1. Playing too much or too often without enough rest
2. Trying to hit the ball too hard or with too much spin
3. Bad equipment: strings or racquet don't dissipate forces
4. Trying to hit the ball with your arm instead of your body.

Tips To Stop Tennis Elbow

1. Take training breaks
2. Wrist and forearms stretching
3. Tennis elbow straps <https://amzn.to/3sPTkll>
4. Get help from a tennis pro, pickleball instructor, or physical therapist familiar with tennis

* A tennis pro or pickleball instructor can help you improve your game but they may not have the level of understanding of how the body works when it comes to injury prevention and treatment.

Get Your Free Tennis & Pickleball Injury Prevention Consult:

M4LPT.com/tennis-and-pickleball/

#2: Wrist Injuries

Wrist injuries may come from a fall on an outstretched arm while playing, or from using too much wrist action when hitting a shot. Wrist injuries can occur in pickleball because the ball is lighter and you don't need to hit it with as much force. But even though you're using a paddle and a lightweight ball, **it's not ping pong.**

Tips To Help Wrist Pain

1. Get x-rays to make sure it's not broken if you have a fall, especially if you're over the age of 50 or have osteopenia or osteoporosis
2. Use your whole body to hit your shot, not just your arm
3. Use a wrist brace as needed <https://amzn.to/3s2Jsvs>

#3: Rotator Cuff Injuries

The rotator cuff muscles keep the "ball" of your shoulder joint centered inside the socket. They also slow down your arm when you follow through from hitting a serve or a forehand shot. However, they're **TINY** muscles, and therefore, they can get injured easily.

Similarly to tennis elbow, rotator cuff injuries can be caused by:

1. Playing too much or too often without enough rest
2. Trying to hit the ball too hard
3. Trying to hit the ball with your arm instead of your body.

Tips To Stop Rotator Cuff Problems

4. Don't play too often
5. Stretch the back of the shoulder <https://youtu.be/oLKTUw5ivOU>
6. Strengthen your core, hips, and shoulder blades
7. Improve the mobility in your trunk

Need some help to figure out which exercises are best for YOU?

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#4: Knee Pain / Knee Arthritis

Both tennis and pickleball require a lot of cutting and quick directional changes. These movements place a lot of stress on your knees.

Pickleball is currently the fastest growing sport in the country, especially in the population age 50 and above. Pickleball is a great way to stay active and improve your heart health as well as your balance.

However, if you have knee arthritis, the repetitive pounding and twisting on a hard surface may be hard on your knee joints.

That does NOT mean you need to stop playing pickleball.

You just have to be a little more careful about **HOW** you play, especially when it comes to cutting, pivoting, and twisting on your legs

Tips To Prevent Knee Pain From Tennis Or Pickleball

1. Use an athletic stance with knees slightly bent so you can be prepared to move in any direction
2. Pick up your feet when pivoting to change directions or turn to the side to hit a shot. Don't twist on a planted foot.
3. Stretch your calves and strengthen your hips. Most "knee pain" is from hip and/or ankle problems in disguise
4. Wear footwear with good arch support. Get orthotics as needed.

Need Orthotics? We can get you custom orthotics to help keep your legs in good alignment while playing. Call 314-941-3970 for a [FREE Foot Scan](#)

Or, if you'd like a consultation to learn how you can relieve your knee pain and prevent future injuries, just click the link below.

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#5: Ankle Sprains

Ankle sprains can occur from a fall while playing tennis or pickleball or otherwise “rolling” your ankle while changing directions or planting your foot.

Most of the time ankle sprains aren’t serious. If you **don’t** have tenderness right over the bones of your ankle or foot and you **can** bear weight and take more than 4 steps, it’s unlikely that you’ve broken a bone.

However, if you get a lot of post injury swelling right away, it’s probably a good idea to get it checked out.

RICE (rest, ice, compression, and elevation) and early movement and physical therapy after an ankle injury can help keep the ankle from getting stiff and get you back on the court quickly.

For more chronic ankle sprains that have lasted more than a few weeks, you definitely want to get help. A “normal” ankle sprain should resolve within a few weeks, but ankle pain that lasts longer than that after a sprain may indicate a bigger problem such as a “high ankle sprain” or possibly a nerve injury to one of the nerves on the inside or outside of the ankle.

Tips To Prevent Ankle Sprains

1. Improve your balance <https://youtu.be/77lQ2iVNcHs>
2. Stretch your calves <https://youtu.be/9MaOYIXmDao>
3. Seek out help quickly if you have an ankle sprain that hurts for more than a few days.

Need Some Help For An Ankle Sprain?

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#6: Achilles Tendonitis / Achilles Tendon Tears

The Achilles tendon is the long, thick tendon that attaches your calf to your heel. It helps you to push off of your toes when running, or to quickly change directions when playing tennis or pickleball.

However, just as the mythical character Achilles had an area of weakness in his heel, the Achilles tendon is subject to injury if you're a weekend warrior or you don't warm up properly before exercise.

Most of the time Achilles tendon injuries start out as tendinitis, an inflammation of the tendon. If left untreated too long, Achilles tendinitis can develop into a more chronic condition called Achilles tendinopathy. If the tendinopathy persists, the Achilles tendon can start to wear down over time, especially in people over 50. This can lead to partial tears, or in the worst case, a full Achilles tendon tear, which is a surgical issue.

In general, you can help prevent Achilles tendon problems by:

1. Warming up properly before playing tennis or pickleball
2. Stretching your calves **correctly** <https://youtu.be/9MaOYIXmDao>
3. Doing heel raises <https://youtu.be/UgL--b03qjE>
4. Seeing a physical therapist quickly if you start to develop pain in the Achilles tendon or the heel

Need Help For An Achilles Tendon Problem?

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M4LPT.com/tennis-and-pickleball/

#7: Back Pain

Back pain is the #1 most common type of pain in the world. Over 85% of the adult population experiences back pain at some point in their life, and at any one time, approximately 16% of adults suffer with chronic back pain that has lasted for 3 months or longer.

So, if you're over 40 years old, it's likely that you either have, or have had some back pain in the past.

Tennis and pickleball aren't bad for your back.

In fact, they're just the opposite. Staying active and moving is one of the best things you can do to prevent back pain.

However, there are a few things to keep in mind to keep your back healthy when playing tennis and pickleball.

The joints in the lower back are **NOT** designed to twist.
(Learn more about that in this video: <https://youtu.be/pcAdEmOEn6o>)

However, your hip joints and upper back joints **ARE** designed to twist. Therefore, it's important that the rotation during a tennis or pickleball swing comes mostly from your hips and pelvis, and secondarily from your upper back.

Tips To Prevent Back Pain From Tennis Or Pickleball

1. Create the power of your swing from your hips and legs
2. Improve your hip joint and thoracic flexibility
3. Strengthen your oblique abdominal muscles to prevent over rotation in your lower back when swinging

Need Some Help For Lower Back Pain?

Get Your Free Tennis & Pickleball Injury Prevention Consult:

M4LPT.com/tennis-and-pickleball/

Take Home Message:

If you've got an injury that's keeping you from playing tennis or pickleball, there is hope to recover from your injury so that you can get back on the courts.

We hope this information in this guide has helped you to understand your pain better as well as given you some ideas of how to recover from your injury and get back on the court.

If you need some more help to get back to tennis or pickleball as fast as possible, we'd be happy to help you out.

Just visit M4LPT.com/tennis-and-pickleball/ to request a Free Consultation, or give us a call at **314-941-3970** and we'd be happy to help you!

Sincerely,

Dr. Neil Rufino, PT
Dr. Dave Candy, PT

For more information contact:

More  Life
More Active · Less Painful · Happier · Healthier

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