

Your Healthy Pickleball Swing

By Dr. Phil Smith



Your 5-minute Warm Up to Win

Proper joint and muscle warm-ups not only boost your performance, they are also your best defense against injury.

Our Pickleball pro will go over the rules and get you on the court and into game situations for the remainder of the 1-hour lesson.

Top 5 Pickleball Injuries

1. Shoulder joint/muscle strain
2. Back joint/muscle pain
3. Calf muscle/tendon strain
4. Wrist fracture
5. Elbow joint/muscle strain

Each of these has **specific biomechanical causes**, and the good news is—they can be prevented.

Why Injuries Happen

Factor #1 – Unilateral Movement Pickleball, like golf or tennis, primarily uses one side of the body. This creates imbalance and uneven wear on the spine—like car tires wearing out faster if you only make left turns.

Factor #2 – Repetitive Motion Without strength, flexibility, and proper technique, tissues eventually fail from repeated strain.

Factor #3 – Poor or No Warm-Up Most players skip this step or do it wrong. A proper warm-up lubricates joints, prepares muscles, and boosts circulation in **under 5 minutes**.

Factor #4 – Bad Technique Grip, stance, and posture matter. Poor fundamentals lead to inefficient swings and overstrain on joints and muscles.

The Winning Formula

A healthy pickleball swing relies on:

- **Strength**
- **Flexibility**
- **Coordination**
- **Correct posture and balance**

These can all be **developed**—not just inherited. The best players work at it, and so can you!

3 Steps to a Healthier Game

Step #1 – Get Checked If you're in pain or prone to recurring issues, get a musculoskeletal check-up. Identify weak links, joint dysfunctions, and imbalances before they sideline you.

Step #2 – Learn the Right Technique Join a **Pickleball Clinic** to learn proper warm-ups and swing mechanics. A little coaching can make a big difference.

Step #3 – Warm Up Properly Every Time Your pre-game routine should include:

1. **Joint Warm-Ups:** Lubricate joints for smooth motion.
<https://www.youtube.com/watch?v=Ckkb3Nj4VhA&feature=youtu.be>
2. **Light Cardio (2–10 mins depending on your level of play):** Get blood flowing—walk, jog, bike or as part of the dynamic muscle exercises.
3. **Dynamic Pickleball-Specific Movements:** Prepare muscles and joints for action.
4. **Strength Training (post warm-up):** Build resilience and prevent overuse injuries.

💡 *Tip:* Save static stretching for after play—it helps with recovery and flexibility.

Common Issues to Watch For

Even mild joint dysfunction in the spine can affect shoulder, elbow, or grip performance. Lower back pain, elbow tendonitis, and rotator cuff irritation are often linked to **nerve irritation or joint misalignment**. Chiropractic care and proper biomechanics can help restore normal function and keep you pain-free.



Final Word

Your healthy pickleball swing depends on your **joints and muscles working together**—keep them balanced, strong, and mobile. Start today, and both your **body and your game will thank you**.

Join Dr. Phil Smith at the Pickleball Clinic



420 Crawford Street, Whitby ON
905-665-0123 team@welcometowellness.ca