

Harbor Physical Therapy

Fall Newsletter

Pickleball Injuries- It Might be Time for Physical Therapy!

Pickleball has gained popularity in the past several years. Many people of all ages are jumping into the sport. At the same time, many healthcare providers are seeing an increase in pickleball injuries. These injuries range from foot/ankle injuries, falls, shoulder injuries, Achilles tendinitis, knee injuries, and elbow injuries. The majority of these injuries happen due to the person not having enough muscle strength/endurance as they push their body to play at a higher athletic level.

To avoid a pickleball injury, you want to warm up before playing and perform appropriate stretches after playing. You also want to make sure you wear appropriate shoes for the sport. There are several sneaker brands that make shoes specific for pickleball. You also want to make sure you don't go from living a sedentary lifestyle to immediately jumping into the sport. You want to condition your body for the sport. This is where a physical therapist can help you on your pickleball journey.

A physical therapist can perform a thorough evaluation to determine your baseline level of strength and flexibility. Then, your physical therapist can educate you on specific exercises to improve your strength and flexibility to decrease your likelihood of injury on the pickleball court.

Why am I Having a "Charlie Horse" and What do I do?

A "Charlie Horse" is the term used to describe a muscle cramp in the calf muscles. Muscle cramps can occur from overexertion, dehydration, an electrolyte imbalance, and inactivity. During a muscle cramp, the muscle shortens causing sudden severe pain. Muscle cramps can develop from pointing your toes to bed. Also, it is common in women who are pregnant.

If you experience a muscle cramp in your calf, try to walk it off. Try to stretch the calf to loosen the muscle and prevent further muscle cramping.

1. **Banner's Stretch**- Stand with your hands against the wall, with your feet staggered, lunge towards the wall. The calf you are trying to stretch should be in the back.
2. **Calf stretch with knee**- sit with your legs in front of you and pull your toes toward your knee.
3. **Calf stretch on leg**- Stand on a step, lower the heel of the cramping leg to get a stretch. Hold onto a railing for support.

Hold each stretch for 20-30 seconds and perform 2-3 repetitions per side.

October is Physical Therapy Month!

October is the official month to hug or high five your physical therapist for all their hardwork and dedication to patients! If you would like to reach out to your HPT physical therapist- email us at info@hptmechanicalgroup.com or call us! We love and appreciate your feedback!

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