

PHYSIOTHERAPY CAN PREPARE FOR PICKLEBALL & PREVENT INJURIES AT THE SAME TIME!

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PHYSIOTHERAPY CAN PREPARE FOR PICKLEBALL & PREVENT INJURIES AT THE SAME TIME!

Do you think about trying Pickleball with your friends but are worried about getting hurt? Has pain or an injury kept you on the sidelines but now you want to do what you can to get active again safely?

At Lake Country Physiotherapy, our physiotherapists are movement experts. We are skilled at assessing your physical abilities, providing clear guidance on resolving problems, and preparing your body to tolerate an active lifestyle!

Pickleball is the fastest growing sport in North America, and the game is gaining more and more players every day. It is especially popular with older, retired folks looking to stay active and enjoy the social aspects associated with the game.

Too often, people jump right in, forgetting their bodies don't move quite the same as they did just a few years ago. Our muscles undergo a progressive loss of muscle mass and strength as we get older. These changes to our muscles also impact our ability to react and change directions with the same speed and stability.

Unfortunately, these changes can lead to trips and fall while playing, resulting in injuries that prevent us from participating. At Lake Country Physiotherapy, our physiotherapists have proven success working with people of all ages to recover from injury and resume whatever sport they enjoy. We will help you resolve any problem and prepare your bodies for the demands of pivoting, turning, and chasing down the ball.



How Balance & Coordination Affect Your Risk Of Injury

Falling while playing Pickleball is a fairly common event, especially for older individuals. Typically, someone loses balance and trips while trying to get to a ball just outside their reach. For some, it is trying to backpedal to reach an overhead ball and falling backwards.

Pickleball requires abrupt changes of direction and stopping and starting movements, all of which have been linked to non-contact injuries like sprains and strains. There is also the potential for falling and repetitive movement type injuries, especially to the upper extremities. Another potential risk of injury stems from the lack of preparation and the age of the deconditioned athletes.

As we get older, our bodies cannot react the same as when we are younger, and we are not able to tolerate the impact of falling either.

Fortunately, it is possible to improve our body's ability to react and tolerate the demands of Pickleball. Our team will identify the factors that may contribute to coordination and balance impairments and give you the tools to improve your abilities and lessen your fall risk.

Coordination is defined as the ability to execute smooth, accurate, controlled responses through optimal interaction of muscles. One of the most critical aspects of coordination is selecting the right muscle at the right time with proper intensity to achieve the appropriate action.

Our team can work with you to train your muscles to contract with appropriate speed, distance, direction, and timing. When we get multiple muscles working in a coordinated way, we can perform the desired activity.

At Lake Country Physiotherapy, our therapists will design exercises that strengthen your muscles and improve your coordination and neuromuscular control so you can safely participate in Pickleball and any other activity!



1. Feel free to call us and ask to speak to your therapist.



2. Your therapist will tell you the possible causes of your pain as well as precautions you can take at home.



3. If further assessment is warranted, your therapist might recommend you come in for an appointment.

Call Lake Country Physiotherapy to talk with your physiotherapist today!

What To Expect In Physiotherapy

Our physiotherapists help in a variety of ways. We will start with an injury evaluation and a movement assessment to identify all the factors contributing to any limitation affecting your function.

Our assessments will also include a thorough history to understand past injuries and your overall health status. We will use this information to develop a comprehensive program that provides targeted manual techniques, mobility work, strengthening, and any appropriate pain relief technique for the individual.

Next, we will conduct a detailed balance assessment. Our assessment will test the following systems:

- Somatosensory system (i.e., neural structures that detect touch, temperature, body position, and pain)
- The vestibular system (sensory system responsible for providing information about motion, head position, and spatial orientation)
- Musculoskeletal systems (i.e., strength, range of motion, joint health, etc.)

Your physical therapist will use this information to incorporate balance and coordination treatments for a safe return to sport/ activity. Our goal is to ensure you can safely participate in the activities you love!

Request An Appointment Today!

At Lake Country Physiotherapy, our therapists have proven success in helping athletes recover and prepare for the sports they love.

Call today to schedule an appointment with one of our specialists so we can make sure you are playing Pickleball at your peak abilities!



Get your life back on track with Lake Country Physiotherapy!

www.LakeCountryPhysio.com

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Sources:
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TO LEAVE A REVIEW!**

Scan the QR Code to visit our Reviews page and tell us how much you love Lake Country Physiotherapy!

Did You Know You Don't Need A Referral For Physiotherapy?



Whether you want to come in for a check-up, suffered a recent injury or you want to improve your health, a physician referral is not needed.

You have the power to choose. Just as you can fill a prescription for medication at a pharmacy of your choice, you can

choose where to receive Physiotherapy as well. Taking care of yourself means taking charge of your healthcare, so remember that regardless of which physician you see, you have a choice when it comes to Physiotherapy.

Do I Need A Prescription To Start Physiotherapy?

NO, you don't. Although we see many patients sent directly by their physician, a licensed physical therapist may begin the Physiotherapy process by performing a full Physiotherapy evaluation. Some, but not all, extended health care (EHC) plans require a physician's referral to access physiotherapy benefits. Please check with your EHC provider as to whether this is a requirement for your plan.

Get the Care You Need, Fast

Don't wait for a referral from your physician—Schedule an appointment today!


Improve Health Naturally

You'll find professional excellence, high-quality care, and leading edge treatments.

*Invest In Your Health
This Summer!*

Exercise Essential



 SimpleSet Pro

TANDEM STANCE

Stand with one foot directly in front of the other so that the toes of one foot touch the heel of the other. Maintain your balance.

Did You Know?

We Can Also Treat:

- Back Pain
- Contusions
- Headaches
- Hip Pain
- Joint Pain
- Knee Pain
- Mobility Issues
- Neck Pain
- Pelvic Injuries
- Shoulder Pain
- Sports Injuries
- Sprains



Healthy Recipe *Traditional Crepes Recipe*

INGREDIENTS

- 2 eggs
- 1 cup milk
- 2/3 cup all-purpose flour
- 1 pinch salt
- 1 1/2 teaspoons vegetable oil

DIRECTIONS

In a blender combine eggs, milk, flour, salt and oil. Process until smooth. Cover and refrigerate 1 hour.

Heat a skillet over medium-high heat and brush with oil. Pour 1/4 cup of crepe batter into pan, tilting to completely coat the surface of the pan. Cook 2 to 5 minutes, turning once, until golden. Repeat with remaining batter. Garnish with fresh fruit of your choice.