

## **Health Promotion and Wellness Geri Sig Members:**

Welcome to our inaugural newsletter with tips and tricks on the growing sport of pickleball for you and your patients! But first, member information.

### **DON'T MISS THIS!!**

HPW SIG will be bringing you the next Journal Club on July 18, 2023 at 8:00 pm

Article: ["Wellness Aging Model Related to Inactivity, Illness, and Injury \(WAMI-3\): A Tool to Encourage Prevention in Practice"](#)

J Geriatr Phys Ther. 2022 Oct/Dec; 45(4):168-177.

**Authors:** Billek-Swahney, Barbara; Criss, Michelle G.; Galantino Mary Lou; Sawhney, Rajiv.

**Presenter(s):** Barbara Billek-Sawhney, PT, DPT

**Case Study:** *Title Coming Soon!*

**Case Study Discussant:** Chelsie Jordan

Register now so you don't miss this great opportunity! [July Journal Club Registration](#)

**Also, please welcome our new student liaison to the HPW Sig: Hannah Lajti, SPT**

Here are some words from Hannah!

I am a second-year student in the Cleveland State University DPT Program. Upon graduation, I wish to pursue a career working with patients at the VA, specifically to give back to those who gave up a great deal for us. Along with the VA, I hope to work with the geriatric population. My interest in the geriatric population and VA population coincides with my vision for the profession of impacting my patient's lives by improving quality of life through the promotion of physical activity and wellness.



# Pickleball

## What is Pickleball?

Pickleball is a court sport that combines elements of tennis, badminton, and ping-pong. It can be played on a tennis court, but the lines of the court are adjusted for pickleball, so you do not need a full tennis court to play.

## History of Pickleball

According to USA Pickleball, pickleball started when Joel Pritchard and Bill Bell found their families sitting around with nothing to do. Their property had an old badminton court so Pritchard and Bell looked for some badminton equipment but could not find a full set of rackets. They improvised and started playing with ping-pong paddles and a perforated plastic ball.

## Current Statistics on Pickleball

According to the USA Pickleball website, membership in their association reached the 70,000 mark in February 2023. The Sports & Fitness Industry Association (SFIA) named pickleball the fastest-growing sport in America for the third year in a row. According to the report, pickleball is now up to a total of 8.9 million players in the United States.

## Screening your Patients/Clients for Pickleball

You will likely see some of the patients in your clinic! These individuals will often need higher level outcome measures to assess their readiness for play. Consider the SAFE screen designed for senior athletes by Becca Jordre. This screen assesses cardiovascular fitness, flexibility, balance, and muscular fitness for active older adults.

<https://nsga.com/healthygames/>

Also consider the four-square step test. This is a great measure to assess an individual's ability to move in different directions.

<https://www.sralab.org/rehabilitation-measures/four-square-step-test>

## Tips for Pickleball Players

### Hydration:

Institute of Medicine. 2005. Dietary Reference Intakes for Water, Potassium, Sodium, Chloride, and Sulfate. Washington, DC: The National Academies Press. <https://doi.org/10.17226/10925>.

- Begin hydrating the day before
- Hydrate during and after
- Drink supplements to recover electrolytes lost during exercise/sweating

Recommendation: general recommendation, does not include any condition which would require a water intake restriction\*

Water Recommendation	Men	Women
31-50 years old	3.7 L/day (≈13 cups, 125 ounces)	2.7 L/day (≈ 9 cups, 91 ounces)
51-70 years old	3.7 L/day (≈13 cups, 125 ounces)	2.7 L/day (≈ 9 cups, 91 ounces)
70+ years old	3.7 L/day (≈13 cups, 125 ounces)	2.7 L/day (≈ 9 cups, 91 ounces)

### Footwear:

- Considerations (<https://www.foxrehab.org/safe-footwear-older-adult-fall-risk/>)
  - Fit
    - Do not want the shoe to be too tight or too loose. Too tight can cause pain, and too loose can cause injuries. Both ultimately leading to ambulation disturbances and imbalances.
  - Tread
    - The sole of the shoe must be sturdy and slip-resistant, in all weather conditions, to avoid falls and/or injuries.
  - Weight
    - Heavy shoes can contribute to a shuffling gait; thin, low heeled shoes provide better stability while walking and help with posture and balance.
- Pickleball specific shoes
  - [https://www.totalpickleball.com/Mens\\_Pickleball\\_Shoes/catpage-PBMENSHOES.html?from=gsearch&gclid=CjwKCAjw1MajBhAcEiwAagW9MZ3kipDoJ8Pm5T7Q1y7ypfmzpeWBCnU2g4PS7B9PX6WWv4VbHLVpSBoCY2gQAvD\\_BwE](https://www.totalpickleball.com/Mens_Pickleball_Shoes/catpage-PBMENSHOES.html?from=gsearch&gclid=CjwKCAjw1MajBhAcEiwAagW9MZ3kipDoJ8Pm5T7Q1y7ypfmzpeWBCnU2g4PS7B9PX6WWv4VbHLVpSBoCY2gQAvD_BwE)
    - Wilson, FILA, K-Swiss, Sketchers, Tyrol Volley, Acacia, Nike, etc. A proper pickleball shoe can be \$55+
  - <https://usapickleball.org/what-is-pickleball/how-to-prepare-for-play/>
    - It is highly recommended to wear proper court shoes, according to USA Pickleball Association, sneakers or running shoes do not supply the proper support for the required movements in the sport.

- Purchase shoes from a specialty store, though it may be an expensive price, it is worthwhile.
- Stability and flexibility are key - flexibility in the sole and stabilization inside/outside the shoe.

### Warm up activities

Walk/jog around the court for at least 5 minutes.

Lunges in different directions- forward, backward, sideways. Do 5-10 lunges in each direction. Consider adding arm movements like you are hitting the ball.

Sidestepping/Side shuffles- Do this 2-3 times across the court. Start with side steps then increase to a shuffle and add a little speed as you are warmed up.

Arm circles/swings. Do 10-15 circles in either direction.

Basically, think about the motions you would do during a game and do them more slowly and gently to warm up for play. Most people need about a 10-15 minute warm up before playing.

Save the static stretches, in which you hold a position for 30 seconds, for after the game!