



PICKLEBALL



*Some Sweet
and Sour
Comments*

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*Can we help you
with your pain?*

Give us a call at
616-537-2864 to book
your appointment today!



Pickleball: Some Sweet and Sour Comments

As many of you “picklers” already know, pickleball is the new big “dill” in recreational sports. We in Holland have a large community of pickleball players, with outdoor courts at Beechwood Park, Winstrom Park, Helder Park, and Moran Park, and indoor pickleball programs available at Evergreen Commons and MVP. Beginner, intermediate, and advanced pickleball clinics are set to run from August to September, as well as many other leagues available to join.

Pickleball is a fast-growing game that requires agility, coordination, and balance. It combines rules from tennis, badminton, and table tennis, and can be played in doubles or singles. “Picklers” use a flat paddle and a perforated plastic ball, and the gameplay is similar to tennis. It’s one of the most popular recreational sports across the board, with over 36 million Americans trying it within the past year!

Watching a few games recently, it was interesting to see the skill set needed to be a competitive pickler and the demands the sport places on the body.

Full Potential has received its share of new patient referrals with pickleball injuries and so, I thought an article on the topic would be of interest.

A good game of pickleball with some long volleys requires one to be able to flex or bend at the lower spine repeatedly and quickly to return a shot. And, in the same breath, the hips are needing to be able to flex and twist to complement the spinal motion.

(Continued Inside)

Anyone with a history of back pain and stiffness, disk disorders, or surgeries including lumbar fusion would need to have a good plan for preparing their back for such repetitive stress.

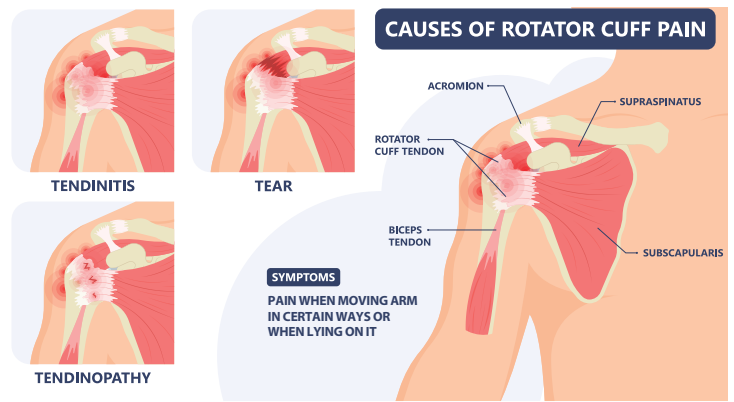
Although golf has a much stronger rotational stress on the spine, playing pickleball throws in combined motions of bending and twisting in a variety of directions which potentially adds more demands.

One obvious aspect of the game is the speed of motion that pickleball is played, and so the need for spinal and hip motion to not only occur quickly but be able to change directions rapidly is essential to keep the ball in play. Spinal stiffness is so common in lower backs, even without a history of lumbar pain or surgery, that it is considered normal. It really becomes part of the turf when hitting the 5+ decade mark.

When a sport combines repetitive motion at high speeds with quick changes of directions with a stiff back, the terrain for strain has been stepped on which can unfortunately interrupt not only playing the sport you love but potentially interfere in doing life comfortably.

When considering the depth, complexity, and speed of motion for the hips and spine to play the sport, one may want to consider putting some regular preparation into your routine to reduce the chance of injury. Obviously, including a good warm up prior to play would be indicated but depending on the condition of your spine and medical history, a pickleballer would be wise to have a regular routine to minimize stiffness and have some intrinsic core strength so the combination of movements discussed can be handled with more confidence.

In addition, the other area that is operating repetitively and with high speed is the shoulder complex. We visited the shoulder last month when talking about Grandmother's



Shoulder Syndrome (my diagnosis) and the potential problems that can occur when lifting a progressively growing object called a grandchild.

With Grandmother's Shoulder Syndrome, it is strength and technique (we can help you with both of those) that is needed. With pickleball, it is speed and range of motion. As stated last month, the shoulder depends on a host of muscles, at least 21 in all, to coordinate the variety and amount of movement needed for sports and daily life.

The variable that needs to be given attention in the pickleball equation is the speed of movement. Everything gets more complicated with an increase in the speed of motion.

Muscle timing and coordination of all joints involved provide the foundation to enjoy a great game of pickleball, tennis or softball, all common upper extremity warm weather sports.

If your back and shoulders bark at you just when doing the routine around the home (yardwork, cleaning, lifting grandkids, etc.) and you question your ability to play pickleball or any ball actually, Full Potential PT can locate the deficits that make pain and strain more likely and “build it back better” so you can trust your body when you put it under some stress.



Trusting your body to handle life demands is a great feeling, perhaps one of the best as we add the decades to our life.

All it takes is one event to put more doubt into one's mind about ever doing "that" again, and so we give up the activity or don't enjoy it as much. That is unfortunate. Enjoying a sport later into life, whether it is pickleball, golf, or tennis does not happen by accident, one has a strategy and action plan and is thinking preventatively in taking the time to keep a balanced musculoskeletal system. A balanced system is one that moves well for the demands of pickleball, it can be retained to regain that quality again.

Full Potential's purpose is to put you back into the "games of life" you not only enjoy but need to do to function and

be independent. Pickleball may be one of those games or maybe it's lifting grandkids. We've got your back on both, literally!

Give us a call if you have questions, or call your doctor and get a referral so we can help you not only get back on the court but teach you how to improve your odds of having a long pickleball career!



HOW DO YOU KNOW IF YOUR **SHOULDER** NEEDS PT?

How do you know if your shoulder pain requires physical therapy? In this video, Dr. Luke VanderZouwen runs through some screening questions you can use at home to see if your shoulders would benefit from physical therapy.

WATCH OUR VIDEO ON HOME TESTING YOUR SHOULDER



CLICK OR SCAN THE CODE TO **WATCH VIDEO**



HOW DO YOU KNOW IF YOUR **BACK** NEEDS PT?

Do you have pain in your back when you lift, twist, bend, or walk? Are you wondering if physical therapy could help you with your back pain? Here is a quick screening process from Dr. Luke VanderZouwen that you can do at home to see if your back would benefit from physical therapy.

WATCH OUR VIDEO ON HOME TESTING YOUR BACK



CLICK OR SCAN THE CODE TO **WATCH VIDEO**



Has your pain come back? We can help! Call us at 616-537-2864 to book your appointment today!
Book online at FullPotentialPT.com

CLINIC HAPPENINGS



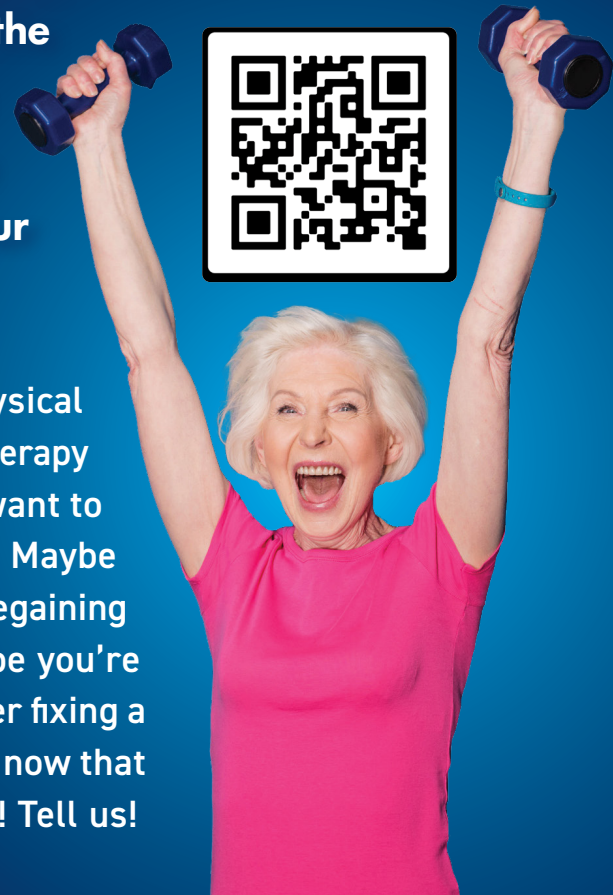
Our Full Potential staff and their partners at Bam! Bowling in Holland. The night was full of strikes, spares, and of course plenty of gutter balls!

Were You Discharged from Our Clinic Two or More Years Ago?

We Want to Hear From You!

We want to hear how you have experienced the long term benefits of physical therapy. If you were discharged from our clinic two or more years ago, will you scan the QR code to fill out our short survey?

While it can be easy to see the immediate results of physical therapy, there are many long term benefits to physical therapy as well! If you were a patient over two years ago, we want to hear about what your life has been like after discharge. Maybe you've picked up new hobbies — like pickleball! — after regaining mobility and strength in your back or shoulders. Maybe you're able to spend more time on the floor with grandkids after fixing a weak knee. Or maybe your outlook on life has changed now that you can be confident in your wellness and capabilities! Tell us!



Nagging pain that won't go away? Call us at 616-537-2864 to book your appointment today!
Book online at FullPotentialPT.com

PATIENT *Success* STORIES

HEAR FROM OUR PATIENTS WHO GOT BACK ON THE COURT



"Since coming to physical therapy at Full Potential, I am close to back to normal activity and sports. The clinic is very knowledgeable and helpful. Great advice on exercises to maximize my results."

— *Judy A.*



"Since coming to Full Potential, I am able to lift and manipulate my arm. I am able to sleep without pain to my shoulder. I can play pickleball! Some of the clinic's strengths are its great organization, friendly staff, timeliness, and the consistent reminder of appointments."

— *Linda V.*



"As a result of coming to physical therapy with Full Potential, my condition has improved. I have little or no pain. The clinic's strength is hands down the relationship between patient and therapist."

— *Debra L.*

You can help someone else find THEIR Success Story — AND win a Meijer gift card!

PLAY THE REFERRAL GAME

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