

## Stay injury free on the pickleball court

Run time - :31

**ANCHOR LEDE:** Pickleball remains popular with older adults looking for a fun workout. But as people flock to the courts, health care experts are taking notice of an unintended consequence: injuries and the millions in health care costs. Tim Ditman of OSF HealthCare has more.

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OSF orthopedic surgeon Doctor James Murphy says older adults should see an internal medicine doctor before taking up a strenuous sport.

Then on game day, warm up with dynamic movement like college athletes do.

**\*\*\*SOUNDBITE\*\*\***

**Dr. James Murphy, OSF HealthCare orthopedic surgeon**

**"Skipping-type exercises. Twisting exercises. The idea is you're firing all your muscle groups. Getting the blood flowing to those muscles so they're not more prone to injury." (:14)**

I'm Tim Ditman.

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**ANCHOR TAG:** Doctor Murphy adds: don't overdo it. It's not Wimbledon. And if you hurt yourself, see a doctor right away.