

## Stay injury free on the pickleball court

### 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.

### TAKE VO

OSF HealthCare 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.

### \*\*\*SOT\*\*\*

Dr. James Murphy, OSF HealthCare orthopedic surgeon

**"They'll do a series of movements. 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 when you start to compete." (:21)**

### VO TAG

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