

## Stay injury free on the pickleball court

\*\*\*SOT\*\*\*

Dr. James Murphy, OSF HealthCare orthopedic surgeon

**"You want to see your internal medicine physician. Make sure your heart and everything else are good for strenuous activity." (:07)**

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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)**

\*\*\*SOT\*\*\*

Dr. James Murphy, OSF HealthCare orthopedic surgeon

**"Going for every point like it's the final at Wimbledon isn't a good idea. It's meant to be for exercise and enjoyment. There's nothing less enjoyable than a torn Achilles tendon or a low back strain." (:18)**

\*\*\*SOT\*\*\*

Dr. James Murphy, OSF HealthCare orthopedic surgeon

**"Don't ignore things. If you tweak your shoulder playing pickleball, get it checked out. There's no reason not to. Get a quick X-ray and physical exam. Doctors can tell you, 'you just strained a muscle group' or it might be more serious. But you want to know before you do more damage by continuing to participate." (:23)**

\*\*\*SOT\*\*\*

Dr. James Murphy, OSF HealthCare orthopedic surgeon

**"People who are active are *saving* millions of dollars in medical costs by not having diabetes, heart attacks or high blood pressure." (:10)**