Physio Action

Padel Injuries

Now: 25 million+ active players in 110 countries!

It is important to be aware of the most common injuries, how to prevent + treat them to keep you on a padel court.

> **The most common site of injury is, unsurprisingly, the elbow, followed by the knee + the ankle.**

Tennis Elbow (aka lateral epicondylitis)



Pain - over the outside of your elbow that can radiate up + down your arm.

Cause - the repetitive nature of impacts with a high incidence of overhead shots placing stress on the local tendons + muscles.

Why padel > tennis? - because there are no strings in the racquets to absorb any of the forces & virtually all backhands are single handed rather the double handed option in tennis.

Diagnosis - by a Chartered Physiotherapist or a sports injury practitioner who may request further investigations e.g. ultra-sound scan.

Treatment:

Rest from aggravating activities but if left untreated it can last from 6 months to 2 years.

- *Physiotherapy* can involve: soft tissue massage to relieve pain, mobilise tight muscles + increase the circulation in the area.

- Assessment to check if the upper back, neck, shoulder, wrist / hand structures are contributing to the problem + need addressing. e.g. stiffness in the upper back / shoulder region can affect your ability to get full range of movement which can affect your swing.

- Taping or braces can also be beneficial in reducing the pain + supporting the muscles - speak to your physiotherapist for advice.

- Application of ice + topical anti-inflammatories can provide relieve in some cases

Prevention:

- Stop doing any activity that causes pain or find an alternate way to do it.
- Technique check - try to use the whole of your body + full arm to swing so that there is less force going through the elbow.

- Don't forget to warm-up!

- Strengthen the muscles around shoulder and forearm.

Top Tip - padel racquets do not have grip sizes however you can change the size of the grip by using an 'over grip' which will prevent you from gripping too hard + aggravating the pain. You can also consider using a lighter racquet!



Forearm Extensor Stretch

Hold for 20 seconds, Repeat 3 times, Perform 2 times daily



Self-Massage for Lateral Elbow Pain

Repeat 2 mins times, Perform 2 times daily



Eccentric Wrist Extensor Strengthening

Repeat 10 times, Perform 2 times daily



Ice for Lateral Elbow Pain

Hold for 5-10 minutes, Perform 2 times daily

For Further Information:

Please contact Physio Action on 0113 2687578 or info@physioaction.com
or
Book online on our website: **www.physioaction.com**