



Orlando Orthopaedic Center

The Florida Pickleball Playbook

***Stay Active and
Injury-Free***



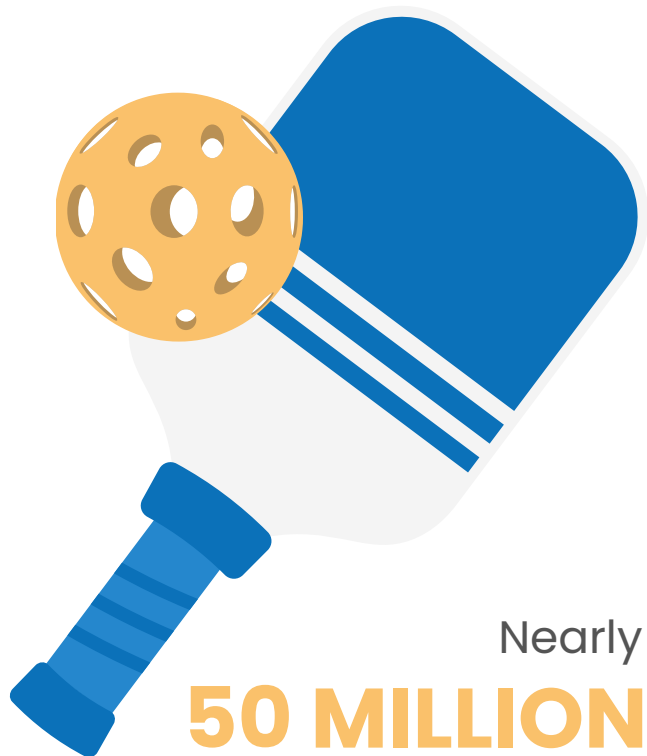
Pickleball in the Sunshine State

Florida is a pickleball paradise, ranking as the second-best state for players based on court availability.

Glossary to the Pickleball Terms

The Bert

This is an advanced-level shot where a player leaps over the kitchen on the opposite side of the court to volley a ball. It is similar to an Erne, but becomes a Bert when the player crosses from the left side of the court to the right sideline or vice versa.



Nearly
50 MILLION
adult Americans
play pickleball.

The Erne

An advanced level shot where a player crosses over the corner of the kitchen to return a ball out of the air. It is used to meet the ball at a higher position, closer to the net, so the shot is more advantageous.

The Shake n' Bake

Attributed to picklers Morgan Evans and Marcin Rozanski, this is an offensive strategy that combines a third shot drive (shake) followed up by an aggressive volley (bake). The third shot drive is used to force a pop-up or bad volley from the opponent. The player hitting the third shot advances into the court and hits another aggressive shot.

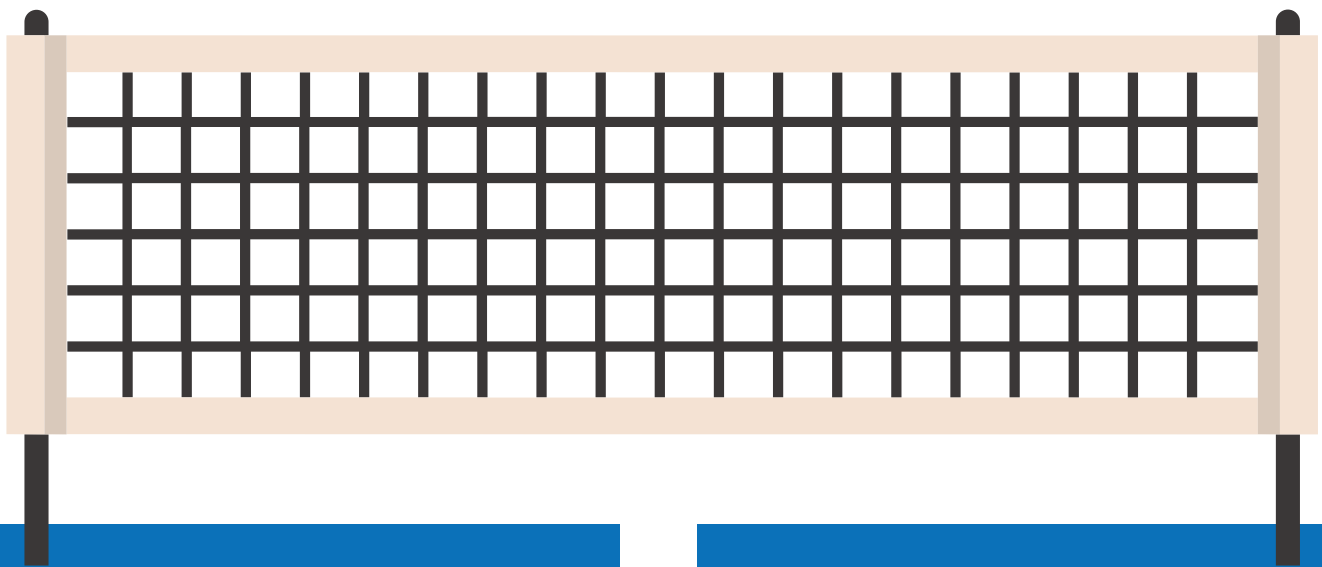
Glossary to the Pickleball Terms

The Drop

A drop shot is a ball hit from the baseline or transition area that is intended to bounce in the kitchen or just behind the kitchen line. It is used to give the player/team a chance to advance their position towards the kitchen line.

The Nasty Nelson

A 'Nasty Nelson' is the name for intentionally hitting your opponent with your serve. If your serve hits your opponent in the air, you get a point. This is rare in pickleball and not always well received. Always pay attention when on the court so you don't end up a victim to a Nasty Nelson!



Warm-up Plays

Essential stretches:

A proper **5-minute** warm-up can significantly reduce injury risk.



Dynamic shoulder rotations



Wrist flexor and extensor stretches



Calf raises and ankle circles



Lunges for hamstrings and quadriceps



Upper body stretch



Cross body stretch

Pickleball Injury Prevention

Common Injuries for Picklers

1. Shoulder strain

Repeatedly raising your arm can pinch sensitive tendons and bursa, causing shoulder pain and strain on your rotator cuff. If not cared for, these irritations become significant tears.

2. Pickleball elbow (tendonitis)

When picklers grip the racquet, it puts stress on the bony bumps where your wrist and forearm muscles meet your elbow. Over time, picklers may develop elbow tendonitis.

3. Sprained wrists and ankles

From hitting a ball too swiftly that it snaps your wrist to rolling your ankles, being active on pickleball courts frequently may lead to sprains and strains. Warm-ups and breaks will make it easier on your body and avoid overuse.

4. ACL tears

Knee pain is common for pickles as you're pivoting and running in all directions, which can also cause tears and joint damage. Avoid torque on your knees by wearing the right gear, including a supportive knee brace.

5. Achilles tendonitis

Inflammation or irritation of the Achilles tendon, the thick tendon connecting calf muscles to the heel bone, is often caused by overuse or repetitive strain.



28.8%

of pickleball players nationwide are aged **18-34** the largest age group.

Injury Prevention Tips



Wear supportive, non-slip shoes with good lateral stability



Gradually increase play duration and intensity



Strengthen shoulders, core, and legs



Learn proper techniques



Take regular breaks

Did You Know? Top Pickleball Courts in Florida

Top Indoor Pickleball Court

Orlando

The Diadem Pickleball Complex (DPC)

"The Pickleball Court of the World"

Naples

Naples Pickleball Center of East





Orlando Orthopaedic Center

Your Pickleball Health Partner

Orlando Orthopaedic Center offers comprehensive care for pickleball-related injuries, including state-of-the-art diagnostics and tailored treatment plans.



Learn More at OrlandoOrtho.com.

Sources

1 [Sports & Fitness Industry Association \(SFIA\)](#)

2 [Altru Health System](#)

3 [TeachMe.To](#)

4 [Houston Methodist](#)

5 [Association of Pickleball Professionals \(APP\)](#)

8 [UC Davis Health](#)