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## **Prevea Orthopedics and Sports Medicine experts see spike in knee, shoulder and wrist injuries**

Pickleball injuries are on the rise as sport grows in popularity

**GREEN BAY, Wis.** – [Prevea Orthopedics and Sports Medicine](#) experts in Green Bay are seeing a considerable increase in the number of pickleball related-injuries in recent years, as the sport continues to grow in popularity.

According to a recent [study](#) presented at the 2024 Annual Meeting of the American Academy of Orthopaedic Surgeons, bone fracture injuries related to pickleball have increased 200% over the last 20 years. But beyond the increase of bone fractures, often occurring as the result from a fall, Prevea Orthopedic and Sports Medicine Surgeon [Dr. Jonathan Dunker](#) has also seen a steady increase in the number of pickleball-related knee and shoulder injuries.

"The most common pickleball injury in my clinic are meniscus tears. The meniscus is a piece of cartilage in your knee, and it can tear when you turn or twist the upper leg while your foot is planted firmly on the ground," said Dr. Dunker. "Additionally, the number of wrist fractures and rotator cuff injuries, due to falls on the court, have increased substantially."

Recent data collected by USA Pickleball, has found that pickleball is the fastest growing sport in the country. From 2021 to 2023, it's estimated the number of pickleball players increased from 4.8 million to 8.9 million in the U.S. alone. With so many newcomers to the sport, many of which are over the age of 40, Dr. Dunker encourages new pickleball players to stretch properly before participating and not to push themselves too much, too soon.

"Pickleball is a great cardiovascular exercise for everyone, and I personally love playing the sport," said Dr. Dunker. "But most of the injuries I am seeing from pickleball are occurring in those aged 50 to 70 years old. A bad fall for someone in that demographic, especially if they have [osteoporosis](#) or thinning bones, could result in a fracture or a soft tissue injury. Those types of injury can potentially require surgery."

**Prevea Orthopedic and Sports Medicine experts provide both surgical and non-surgical solutions for all pickleball related injuries**, including arthroscopic rotator cuff repair; fracture care; shoulder/hand/foot/ankle and wrist treatments and arthroscopic treatment of the knee – including ACL and meniscal injuries. At Prevea Orthopedic and Sports Medicine, patients receive the same expert care trusted by professional athletes, helping every one of their patient's live life to the fullest.

To schedule an appointment for a pickleball related injury with Prevea Orthopedics and Sports Medicine in Green Bay, call (920) 272-3300 or visit: <https://www.prevea.com/medical-services/orthopedics>

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Prevea Health is a community of passionate and accomplished physicians, caregivers and staff working together to provide exceptional health care. Patients have trusted Prevea with their medical care needs since 1996 when the organization was founded in Green Bay, Wis. Today, Prevea provides primary care and a wide range of specialty medical care in clinic, hospital, and workplace settings across Northeast Wisconsin. It is partnered with Hospital Sisters Health System (HSHS) which operates hospitals in Wisconsin. For more information about Prevea Health, visit [www.prevea.com](http://www.prevea.com)