

🏓 Did you know that pickleball injuries are on the rise? From strained muscles to joint issues, the game can take a toll on your body. Check out this infographic to see how you prevent injuries on and off the court. 🏓 Give our office a call today to learn more!

<https://bit.ly/46LqxqH>

#pickleball #injuryprevention #chiropractic



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Love playing pickleball, but concerned about the risk of injuries? 🏓 Learn how proper biomechanics and chiropractic adjustments can enhance your game and reduce the chance of sprains and strains.

Give our office a call today to see how we can help! And in the meantime, check out this infographic for tips on preventing injuries. <https://bit.ly/46LqxqH> ✅

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