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*Photo credit: Brendan Sapp / Unsplash*

Anyone who's played a decent run of pickleball knows soreness isn't from that one wild dive or smash but from the subtle grind of overuse. Whether you're hitting the Suncoast courts twice a week like me, counting your warm-up minutes out loud, or just starting out, understanding how your body adapts — or sometimes doesn't — with age is key to keeping the game fun and injury-free.

In this post, I'll dive into the ins and outs of common post-pickleball annoyances like rotator cuff and elbow pain, and how **Joy Organics organic CBD gummies** might fit as part of your recovery toolbox. Plus, if you're playing in Florida and are 21 or over, we'll touch on some essential state-specific considerations and safety tips, especially if you're on blood thinners.

## Overuse and Frequency: The Real Drivers of Pickleball Aches

First off, one thing [wrist fracture fall risk](#) I hear too many times from weekend warriors is the temptation to play hard without pacing. Injury isn't often about a single dramatic fall or rash shot. Instead, it's the accumulated microstrain from playing frequently without adequate recovery that leads to tendinitis, stiffness, and pain.

During my years chatting with orthopaedists and PTs, one thing is clear: *overuse and the frequency of play are more injurious than any single episode*. Your muscles might be eager; your tendons, not so much.

- Playing 3+ sessions per week with less than 48 hours rest between sessions sets the stage for chronic soreness.
- Skipping the first 8-10 minutes of warm-up only amplifies the stress on joints and tendons.
- Counting warm-up minutes — yes, I do this aloud — helps create routine and signals readiness.

## Aging Tendons and Pickleball: A Slower Adaptation Curve

Aging changes the game. Tendons adapt slower to new or sudden loads because collagen turnover decreases, making them less forgiving of abrupt, high-stress moves. The classic backhand volley or aggressive drive can feel great in the moment but may silently stress tendons over the next 48-72 hours.

What's important is recognizing that *your tendons don't bounce back as quickly as your enthusiasm*. This is where players in the Florida 21 and over age group (and beyond!) need to pay extra attention to warm-ups, cooldowns, and recovery strategies.

## Spotlight on Common Post-Pickleball Injuries

### Rotator Cuff Irritation: Night Pain and Reach Limits

If you're waking up with shoulder pain or find it tough to reach behind your back with the paddle or even your shirt, rotator cuff irritation might be the culprit. This group of four muscles stabilizes your shoulder and can become inflamed from repetitive overhead motions and quick directional changes on the court.

Symptom Likely Cause Useful Tips Night Pain, Difficulty Sleeping on Affected Side Rotator cuff tendinitis or bursitis Try gentle range-of-motion stretches before bed; consider topical relief or CBD gummies for inflammation support

Limited Behind-the-Back Reach Muscle guarding or tendon irritation Focus on slow, guided shoulder mobility exercises; rest paddle swings that push this motion

## Elbow Pain: The Grip and Arm Dominance Connection

Too many players blame the paddle for lateral or medial elbow pain, but more often than not, it's tight grips and arm-dominant stroke mechanics causing the trouble. Squeezing the paddle like your game depends on it fatigues the forearm muscles and stresses the tendons attaching at the elbow.

- Check grip size — too small or too large can increase strain.
- Try lightening your grip pressure and mixing in wrist and forearm stretches.
- Be cautious of compensating with the arm instead of letting your legs and torso do the work.

## Joy Organics Organic CBD Gummies: A Recovery Ally?

Folks have been asking me if Joy Organics organic CBD gummies can help manage post-pickleball soreness, so let's break down what they offer and what to watch out for.



### Why Joy Organics?

Joy Organics is a well-regarded brand known for their broad-spectrum, THC-free CBD products created from organically grown hemp. Their gummies are a popular choice because of taste, consistency, and third-party testing transparency.

- Made with organic ingredients and no artificial additives
- Broad-spectrum CBD eliminates THC yet provides entourage benefits
- Convenient and pre-measured servings ideal for post-play recovery timing

### How CBD Might Help

While research on CBD and sports recovery is still emerging, anecdotal reports and preliminary studies suggest CBD may assist with:

1. Reducing inflammation in overused tendons and joints

2. Improving sleep quality, which is critical for repair
3. Providing a calming effect to reduce pain perception

## Important Safety Notes

If you are in Florida and meet the **Florida 21 and over rule**, purchasing Joy Organics organic CBD gummies is straightforward from licensed retailers or directly online. However, a note of caution:



- If you are on blood thinners or other prescription medications, **always ask your pharmacist** before starting CBD to avoid potential interactions.
- Start with a low dose to assess your body's response.
- CBD is not a miracle fix or replacement for proper warm-up, technique, and physical therapy.

## Putting It All Together: Practical Advice for the Pickleballer

Here's my quick checklist for handling post-pickleball soreness without blaming your paddle — because it's rarely the paddle's fault:

1. **Warm-up completely.** Don't skip those first 8-10 minutes I always count aloud.
2. **Assess recent changes.** What changed in the last two weeks? Increased play frequency? New paddle grip? Poor sleep?
3. **Focus on mechanics.** Avoid arm-dominant swings that overtax your elbow and shoulder tendons.
4. **Incorporate gentle stretching and mobility.** Target the rotator cuff and forearm muscles daily.
5. **Consider recovery aids.** Joy Organics organic CBD gummies may help with inflammation and sleep; check with your healthcare provider if on blood thinners.
6. **Respect your body's signals.** Persistent or worsening pain calls for professional evaluation.

## Final Thoughts

Post-pickleball soreness is part of the game, but it doesn't have to bench you. Aging tendons might not forgive a skipped warm-up or sprint right back after a weekend off, but with informed care — including exploring options

like Joy Organics organic CBD gummies for recovery support — you can keep enjoying the Suncoast courts for years to come.

Next time you hit the courts, bring that light resistance band along (trust me, it fits neatly in the paddle bag) and take a moment for proper warm-up and cooldown. Your tendons will thank you.

Play smart, and see you on the sidelines.

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