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If you're in your 60s and love pickleball as much as I do, you know that rest days can feel like a punishment. You want to stay active, keep your swings sharp, and enjoy every moment on the court. But as someone who's spent years chatting with orthopaedists, PTs, and seasoned players—plus playing morning pickleball myself twice a week—I've learned that how you schedule your play matters more than just going hard whenever you feel like it.

Overuse injuries, not sudden dramatic moments, tend to be the real pickleball saboteurs. Aging tendons, especially, don't bounce back as quickly; they tolerate sudden loads less well and demand a smarter approach. So what's a devoted competitor to do if "rest days" are as welcome as a surprise lob to the face?

In this post, I'm sharing a sustainable **weekly pickleball schedule** designed specifically for someone in their 60s who wants to play almost every day without paying the injury price. A plan with *two competitive days, two social low-gear days, and one day off* to keep your body ticking, your elbow happy, and your rotator cuff quiet at night.

Along the way, I'll weave in some tips from my interviews, top strategies to keep your grip relaxed, and yes: even how Joy Organics organic CBD gummies can fit naturally into your recovery routine. Plus, a shoutout to Brendan Sapp for the awesome Unsplash photo catching the joy of pickleball.

## Understanding the Challenges: Why Overuse Is the Real Injury Culprit

Most players — especially those of us playing in our 60s — tend to blame the paddle when pain surfaces. I always say: "Let's blame mechanics and frequency first before blaming the paddle." Overuse and frequency drive injuries far more than missed shots or surprise falls.

### How Aging Tendons Influence Your Game

Aging tendons adapt slower. When you're younger, a rough day on the court usually means soreness for a day or two. In your 60s, the same exposure can invite nagging elbow pain or rotator cuff irritation that sticks around. The tendons can't handle sudden spikes in activity the way they did in your 30s or 40s.



- **Key takeaway:** Your training needs to be consistent but moderate, avoiding wild swings in activity level.

- **For example:** If you go from no play to three intense competitive matches in a row, expect your elbow or shoulder might not appreciate it.

## Rotator Cuff Irritation: The Nighttime Nuisance

One of the most common complaints I hear from players 60+ is: “Doc, my shoulder hurts at night — especially when I roll onto that side.” Usually, it’s rotator cuff tendon irritation, which shows up as both pain at rest and behind-the-back reach limits.

Ignoring that pain and doubling down the next day worsens the injury. Instead, integrate low-load activity days and proper warm-ups to keep that shoulder happy.

## Elbow Pain and the Tight Grip Trap

Most elbow pain I encounter—especially lateral epicondylitis or “tennis elbow” in pickleballers—comes from two things:

1. Tight grip pressure on the paddle handle
2. Arm-dominant mechanics rather than using legs and torso rotation

Yes, it’s tempting to squeeze your paddle tighter as you battle for every point. But that sets you up for pain and overuse damage. Learn to play with a relaxed hand and rely on whole-body dynamics to reduce the strain on your elbow tendons.

## Putting It Together: The Ideal Weekly Pickleball Schedule

Here’s a practical plan that balances your competitive spirit with smart recovery, tailored for a seasoned player who’d rather skip rest days but still dodge injury.

Day Activity Description & Tips  
Monday **Competitive Play** Start the week with focused matches. Warm up thoroughly (I always count my warm-up minutes out loud: one... two... three... eight!). Keep your grip relaxed and use your legs to generate power.  
Tuesday **Social, Low-Gear Play** Play casually. Focus on placement over power, enjoy rallies, and emphasize fun. This helps active recovery by increasing blood flow without overloading tendons.  
Wednesday **Competitive Play** Another day for spirited competition. Monitor your shoulder and elbow for any stiffness or pain. Consider using a light resistance band for pre-play warm-ups to activate rotator cuff muscles.  
Thursday **Social, Low-Gear Play** Focus on shorter sets, drills, or fun rounds. This helps restore your system while maintaining coordination and touch.  
Friday **Day Off or Active Recovery** Complete rest or very gentle movement such as walking or stretching. Many players hate rest days but trust me—even a day to reset reduces chronic tendon stress and sets you up for success.  
Saturday **Optional Light Play or Cross-Training** If you feel good, do a light non-pickleball activity like swimming or cycling. Focus on mobility and foam rolling to keep tissues supple.  
Sunday **Flexible Fun Play or Rest** Your call—join a social drop-in or take it easy. Listen to your body.

## Supporting Recovery: How Organic CBD Gummies from Joy Organics Can Help

After nearly a decade of talking to experts and observing what really works, I’m convinced that recovery isn’t just about rest. It’s about smart supplementation, natural anti-inflammatories, and self-care. That’s where **Joy Organics organic CBD gummies** enter the game for many players I know.

These gummies offer a convenient, non-psychoactive way to ease post-play soreness and reduce inflammation, helping you maintain that high level of play without crashing from overuse flare-ups.

If you're curious, I recommend starting with a small dose post-play on competitive days to see if they fit your wellness routine. Quality and organic certification make Joy Organics stand out in a crowded CBD market.

## Additional Tips to Prevent Pain and Stay in the Game

- **Warm Up & Cool Down Fully:** Never skip the first 8-10 minutes of warm-up. Count them out loud if you have to! Your joints and tendons love the gradual ramp-up.
- **Mind Your Grip:** Keep your paddle grip relaxed. If you catch yourself squeezing, consciously loosen up, even mid-point.
- **Use Your Body:** Don't let your arm do all the work. Rotate your torso, bend your knees, and engage your legs for efficient power transfer.
- **Monitor Symptoms:** Always ask yourself, "What changed in the last two weeks?" when pain creeps in. Recent changes often guide the fix, whether it's overplaying or new technique lapses.
- **Stretch & Strengthen:** Include rotator cuff and forearm strengthening exercises using light resistance bands—keep one in your paddle bag for quick court-side warm-ups!

## Photo Credit

*Photo of vibrant pickleball action by Brendan Sapp / Unsplash*

## Final Word

For players in their 60s who hate rest days, the key isn't to play every day at full throttle—it's about intelligently structuring your week with a good mix of <https://www.sarasotamagazine.com/advantagepoint/2026/08/pickleball-is-wrecking-everyone-s-shoulders> competitive intensity, social play at low gear, and crucial downtime to allow aging tendons and muscles to adapt and recover.



Pair this smart scheduling with mindful mechanics, relaxed grip, and natural recovery support like **Joy Organics organic CBD gummies**, and you'll not only keep playing—you'll enjoy fewer aches and longer-lasting fun.

Get out there, warm up properly, count every minute, and keep the joy in your game!

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