

HOW ABOUT A HIT OF TENNIS

THERE IS NOTHING LIKE WATCHING SOME FABULOUS TENNIS ACTION ON THE TV TO HELP US GET OUR TENNIS RACQUETS OUT



DID YOU KNOW?

In addition to this great motivation is the little acknowledged fact that racket sports offer the best protection against cardiac death.

In a large study in 2016 the researchers determined that racket sports were associated with the lowest (47%) reduction in the risk of dying from any cause, followed by swimming (28%), aerobics (27%), and cycling (15%). The two other activities considered—running and soccer—weren't associated with a significant decline in risk.

They also found significant reductions in cardiovascular death for racket sports (56%), swimming (41%), and aerobics (36%), not for cycling, running, or soccer. Racket sports, swimming, and aerobics all engage both the upper and lower body in vigorous exercise, which make the heart work harder. The data indicated that whatever activity participants chose, the more often they exercised, the more their risk of death dropped.

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Tennis requires a variety of physical attributes including speed, power, endurance, strength, balance and specific playing skills

While the risk of injury from playing tennis is relatively low compared to other sports, common tennis injuries include injuries to the ankle, knee and wrist.

RISK FACTORS FOR TENNIS INJURIES

Some of the factors that can increase the risk of injury include:

Incorrect technique

Using the correct serving and stroke action is important to prevent injury, particularly to the elbow and wrist. An incorrect swinging action can be caused by the player relying only on the arm to hit the ball, rather than the body's full strength

Failure to warm up and cool down

Warming up and cooling down is extremely important to reduce the risk of muscle and joint injuries. Warming up will not only help avoid injury but will also improve performance.

Time spent playing

Overexertion is one of the most common causes of injury in tennis. Your body needs rest and recovery between training and matches.

Previous injury

A previous injury can lead to similar injuries in future, particularly if you haven't taken enough time to properly recover.

Inadequate flexibility and strength for the demands of the sport.

So how can the average player prevent injury- Lets start with stretching and correct warm up

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STRETCHING GUIDE FOR TENNIS

Stretching is an essential part of playing tennis. A good stretching routine can help to minimize muscle imbalances, prevent injury, improve your exercise tolerance and your tennis performance. A warm-up and warm-down are essentials before beginning any training session. Use 10 minutes before you play to adequately prepare yourself.

WHEN IS THE BEST TIME TO STRETCH?

When your muscles are warm

For optimum performance you should stretch after you have done a general body warm up of about 5-10 minutes (Like the dynamic stretches below).

You can also stretch after your hit or game.

As Tennis is a dynamic sport both static and dynamic stretching are good. Dynamic stretches form part of your pre-match or training warm-up. They are used to prepare your muscles for the rapid elongation they will incur during the game. Static stretches, on the other hand, are more useful to improve your overall flexibility and are most effectively done at the end as part of your cool down.



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RULES FOR DYNAMIC STRETCHING:

Warm up your body first, then stretch while your muscles are still warm. Move through your range of movement, keeping control of the movement with your muscles. Control the movement. You may feel light resistance in your muscles, but you should never feel pain during a stretch. Start with slow, low intensity movements, and gradually progress to full-speed movements through range of motion. Complete 10-15 repetitions

SOME DYNAMIC STRETCHES INCLUDE

1. Half Court Jog for 3-5 mins.

When performing this, ensure you face the net throughout the duration of the jog. As a result, the jog will essentially include forwards and backwards movement, and side-to-side stepping, which are all parts of tennis footwork patterns. Aim to gradually build up the speed or try intermittent sprint/jog, or occasionally add in a reverse step to simulate a change of direction. Crossover (Grapevine) stepping can also be used with the lateral jogging to help with lumbar/hip rotation.

2. Internal/External Shoulder Rotations with a Racquet

Holding your tennis racquet (or small weight) in your dominant arm, aim to swing up and down. Progressively build up the speed as this movement simulates the serve technique and warms up the shoulder stabilising muscles. 30- 50x reps



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3. Pendulums

Standing facing the net, swing either leg side to side in front of the body, like a clock pendulum. There should be a slight degree of hip and lumbar rotation, but don't overdo this as it will limit the stretch and contraction through the glutes and hamstrings. Perform 20x pendulums each leg before standing perpendicular to the net to adjust the stretch and contraction to the quads and hamstrings. In this position, aim to minimise the extension/flexion of your upper torso and repeat 20x each leg.

4. Wide Lateral Lunges:

Start with your legs spread into a wide stance position. Bend down into a half or $\frac{3}{4}$ squat, and from this position transfer your body weight from one leg to the other. Repeat 10x reps each direction

5. Hugs

Start with your arms out to the side at 90° and palms facing away from the body, as if in a crucifix position. Perform 30x reps, bringing your arms in towards you to give yourself a hug, before returning to the start position. The idea is to keep the arms relaxed as you swing whilst the shoulders maintain the 90° position. This exercise targets the flexibility of the chest and upper arm muscles.

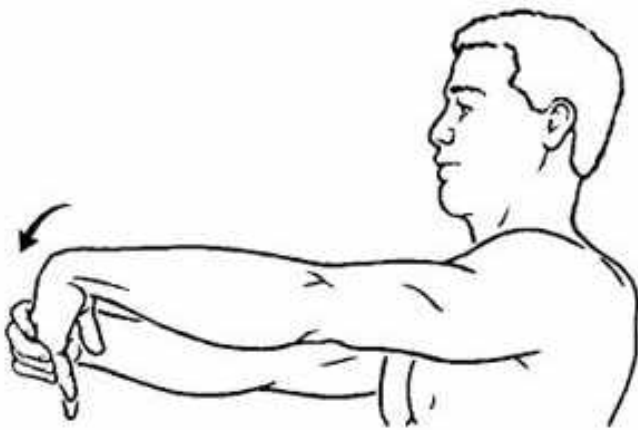


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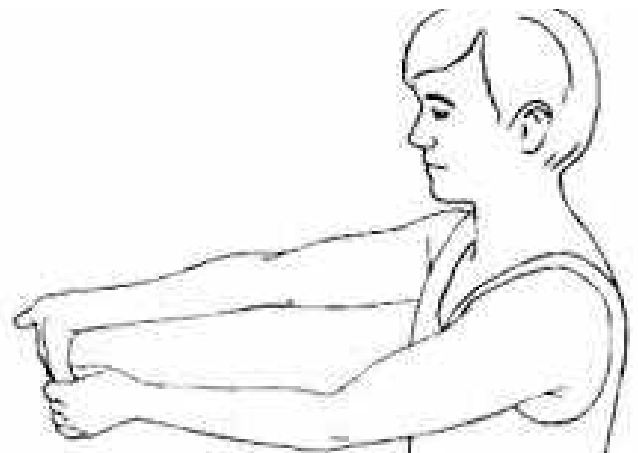
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STATIC STRETCHING:

Warm up the muscles first. Slowly take your muscles to the end of their range. You will feel slight resistance in the muscle, but you should never feel pain during a stretch. Hold the stretch in a static position. Do not bounce. Maintain each stretch for 20-30 seconds. Repeat each stretch 3-4 times.



Wrist Extensors



Wrist Flexors



Gastrocnemius



Hamstrings

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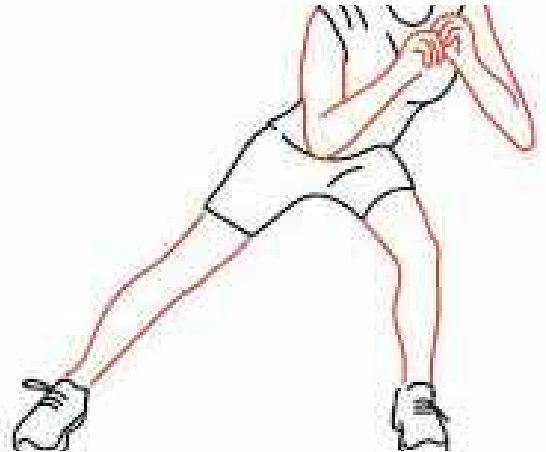
Hip Flexors



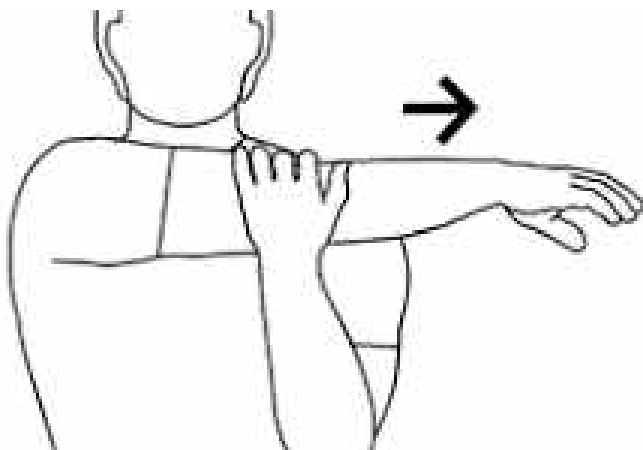
Quadriceps



Gluteals



Groin



Posterior Shoulder



Pectorals

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For non competitive tennis players, improper or inadequate physical and technique training may be the main cause of overuse injuries. But although overuse injuries make up a large chunk of tennis injuries, the good news is that such injuries can be prevented with some changes to technique, training routines correct warmups and stretching and strengthening programs.

If you have any concerns about an injury or how to prevent future injuries please speak with our Physiotherapists at either clinic .

As Physios, we provide extensive education as part of our management and prevention programs, but realize not everyone can find the time or have the confidence to make an appointment. You are welcome to download these informative E-books that you may find useful to get you on your way.

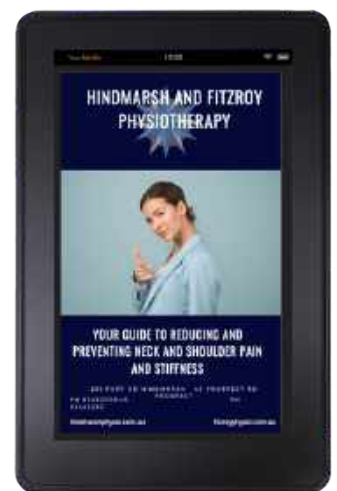
OTHER RESOURCES



MANAGING BACK PAIN



COMMON SPORTS INJURIES



MANAGING NECK PAIN

To access our free E-book Resource just click the images above

You can call us on 83462000 at Hindmarsh and 83422233 for Fitzroy, Prospect or CONTACT US ONLINE HERE if you would like an appointment

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