

[IMAGE]

Swatting Away the Tennis Injury Bug

Tracking down a ball on the baseline, lunging at a passing shot, straining to reach a lob almost every aspect of tennis involves a certain amount of risk. Even the repetitive motions of serving and hitting groundstrokes can cause painful injury, turning you from active participant to unhappy spectator.

According to an article in the *Journal of Sports Chiropractic & Rehabilitation*, stretching and strengthening exercises can help minimize your risk of sustaining a tennis-related injury. The authors present various techniques in a photographic format with text explanations. Included is a review of easy exercises you can perform at home or in the gym, such as:

- € torso stretch;
- € pelvic tilt;
- € hamstring stretch;
- € lumbar extension;
- € side bend;
- € shoulder rotation;
- € knee flexion;
- € hip extension; and
- € scapular retraction.

You're probably familiar with some of these techniques already, but your doctor can give you more specific information and outline an exercise program to maximize health and reduce your risk of injury.

Reference:

Baron SH, Washington KW. Tennis injuries: lower the risk through stretching and strengthening. *Journal of Sports Chiropractic & Rehabilitation* 1999: Vol. 13, No. 4, pp164-70.

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