

## Healthy Core Program for Tennis

Tennis is a game of sudden twists and turns which places significant stress on the hips and abdominal area. Considering all the quick front to back, side to side, and rotational movements it is easy to understand why the core is so important. Muscle and tendon strain may cause pain that varies depending upon the severity of the injury. Initially, pain may be present after playing tennis but it can progress to pain during play and eventually to activities of daily living.

The key to a healthy core for tennis is to incorporate flexibility and strength exercises into your weekly routine. A strong core allows the tennis players to control lower extremity positioning while enabling the transfer of power from the hips and legs to the upper body. Always perform exercises within a zone of comfort.

**Hip Flexor Stretch:** Stand with one leg in front. Allow front leg to bend at the knee as you lean forward and bring racquet overhead. Hold for 30 seconds and repeat 4 times. Repeat for the other leg.



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**Glute Stretch:** Stay on your back and cross right leg over left knee. Pull left knee up toward chest. Hold for 30 seconds and repeat 4 times. Repeat for the other leg.



**Bridge:** Stay on your back with both legs bent. Engage abdominal muscles and lift hips toward ceiling. Hold for 5 seconds and repeat 10 times.



**Plank:** Stay on your stomach with forearms on table. Engage abdominals and raise hips up toward ceiling. Hold for 10 seconds and repeat 10 times.



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