

## Healthy Shoulder Program for Tennis

Repeated movement of the arm during tennis can place significant stress on the shoulder. Considering all the serves, volleys, forehands, backhands, and overhead shots it is easy to understand why the shoulder is at risk for overuse injuries. 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 shoulder for tennis is to incorporate both flexibility and strength exercises into your weekly routine. Stretching the front and back of the shoulder can help improve shoulder posture. Strengthening exercises can also help the shoulder tolerate the demands of repetitive arm movement during tennis. Always perform exercises within a zone of comfort.

**Corner Stretch:** Stand in a corner with your forearms resting on the wall. Keep your elbows below the shoulders. Place one foot forward (alternate each foot forward). Lean into the wall, hold for 30 seconds and repeat 4 times.



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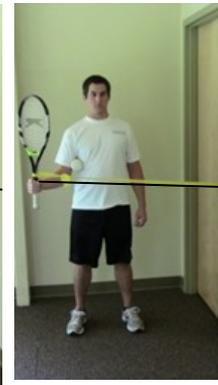
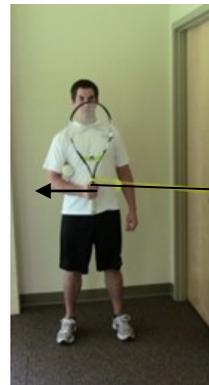
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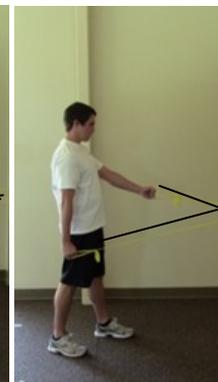
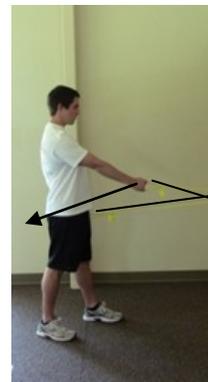
**Sleeper stretch:** Stay on your side with your head resting on the shoulder. Keep the elbow at 90 degrees. Use the opposite hand to push the arm down. Hold for 30 seconds and repeat 4 times.



**External Rotation:** Place a band around your racquet and a towel roll under your arm. Hold the racquet with your elbow at 90 degrees. Start at your stomach and rotate your hand out. Pause for a 1-2 count and repeat 3 sets of 10 reps.



**Extension:** Grab the band with both hands. Pull one hand back while the other stays forward. Alternate each arm. Pause for a 1-2 count and repeat 3 sets of 10 reps.



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