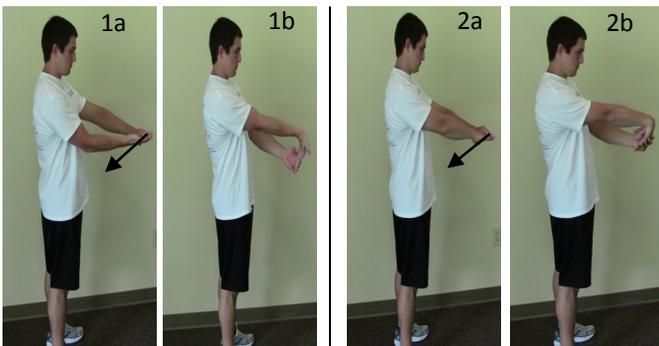


Healthy Elbow and Wrist Program for Tennis

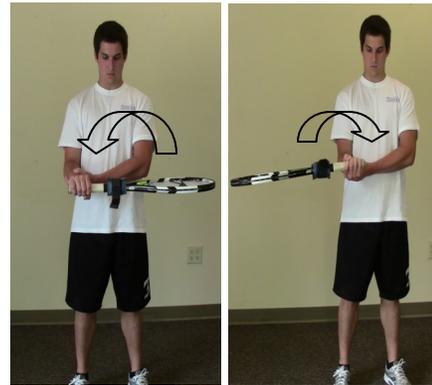
Repeated use of the arm during tennis can place considerable stress on the elbow and wrist. The elbow and wrist are at risk for overuse injuries, especially when considering varied grip types, string tension and the constant tension and force on the racquet. Muscle/tendon strains and ligament sprains 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 elbow and wrist for tennis is to incorporate flexibility, strength and endurance exercises into your weekly routine. This can help increase your tolerance to the physical demands of tennis. Always perform exercises within a zone of comfort.

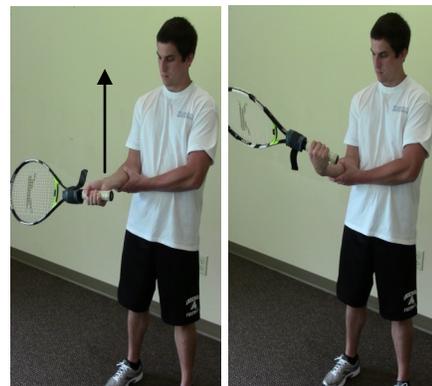
Wrist flexion and extension stretch: Stand with your elbow straight and palm up (1a/b). Use your other hand to pull the hand towards you. Repeat with the palm down (2a/b). Hold for 30 seconds and repeat 4 times.



Pronation and supination: Place a 2lb weight around your racquet. Bend your elbow to 90 degrees and support the arm with the other hand. Rotate your palm up and down slowly. Perform 3 sets of 10 reps.



Wrist flexion: Place a 2 lb weight around your racquet. Bend your elbow to 90 degrees and hold the racquet palm up. Support your arm with the other hand and raise your wrist. Repeat 3 sets of 10 reps.



Wrist extension: Place a 2 lb weight around your racquet. Bend your elbow to 90 degrees and hold the racquet palm down. Support your arm with the other hand and raise your wrist. Perform 3 sets of 10 reps.



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