

# Injury Prevention & Recovery Session



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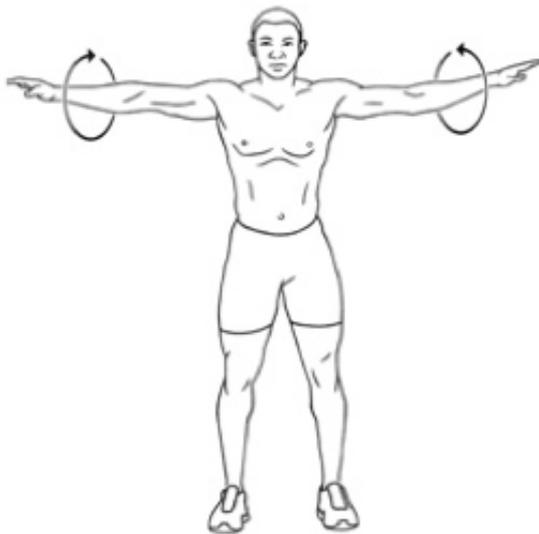
Saunders Sports & Spinal



# Warm Up

## Why?

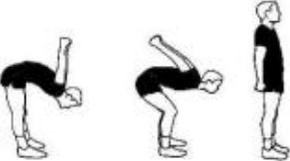
- Decreased chance of injury
- Prepare body for activity
- To get you feeling mentally and physically ready to go



# Cool Down

## Why?

- To remove waste products from muscles
- To prevent blood pooling in muscles
- To lower heart rate
- To prevent stiffness/soreness after game



# Stretching

## Dynamic:

- When?
  - *Before* tennis
- What?
  - Repetitive movements
- Why?
  - To prepare your muscles for tennis

**Vs**

## Static:

- When?
  - *After* tennis
- What?
  - 20-30 second holds
- Why?
  - To lengthen muscles that shortened during tennis
  - Prevent soreness/stiffness
  - Increase flexibility



# Injuries in Tennis

## Most common injuries in tennis:

1. Ankle Sprain
2. Tennis Elbow
3. Rotator Cuff Strain
4. Patellar Tendon Pain
5. Low Back Pain



# 1. Ankle Sprain

## What is it?

- Ankle ligaments are over-stretched or torn

## How does it happen?

- Quick direction changes and jumping
- Ankle is twisted and rolls inwards/outwards

## Symptoms:

- Bruising/swelling
- Unstable painful ankle

## How can it be prevented?

- Adequate warm-up/cool-down
- Balance/coordination training
- Appropriate footwear
- Tape/brace if history of recurring sprains



## 2. Tennis Elbow

### What is it?

- Micro-trauma to forearm tendons at their insertion onto elbow

### Why does it happen?

- Swinging/gripping/twisting of forearm
- Over-use of the forearm muscles

### Symptoms:

- Pain particularly with gripping on outside of elbow
- Weak grip strength/difficulty picking objects up

### How can it be prevented?

- Adequate warm-up/cool-down
- Forearm muscle strengthening
- Correct grip size and technique e.g. 2 hand backhand
- Reduce tension of racket strings



# 3. Rotator Cuff Strain

## What is it?

- Inflammation/degeneration of rotator cuff tendons

## Why does it happen?

- Repetitive hitting, particularly overhead shots e.g. serving
- Overuse of the rotator cuff tendons

## Symptoms:

- Pain particularly with overhead shots
- Weakness (difficulty lifting arm)
- Crackling/snapping sounds

## How can it be prevented?

- Adequate warm-up/cool-down
- Rotator cuff strengthening
- Technique correction e.g. contact with ball slightly in front of you when serving



# 4. Patellar Tendon Pain

## What is it?

- Inflammation/degeneration of patellar tendon

## Why does it happen?

- Repetitive jumping
- Overuse of the patellar tendon

## Symptoms:

- Pain particularly with jumping
- Thickening of patellar tendon

## How can it be prevented?

- Adequate warm-up/cool-down
- Patella tendon strengthening
- Technique correction e.g. land with knees bent



# 5. Low Back Pain

## What is it?

- Spasm/stiffness of low back muscles and joints

## Why does it happen?

- Repetitive arching/twisting/rotating particularly with serving
- Excess pressure on muscles and joints of spine

## Symptoms:

- Achy low back pain

## How can it be prevented?

- Adequate warm-up/cool-down
- Core strengthening
- Supportive footwear





# Injury Prevention Summary

- Warm-up
- Cool-down
- Strength/balance/coordination
- Appropriate equipment
  - Racket
  - Grip
- Appropriate footwear
- Technique
- Variety
- Breaks

# Treatment & Recovery

All 5 injuries:

## **Short-term:**

- Rest
- Ice
- Non-steroidal anti-inflammatory medication e.g. Nurofen
- Brace/tape if required

## **Long-term:**

- Stretching
- Strengthening

## **Long long-term:** *(try to avoid)*

- Surgery
- Cortisone injections



*“How do I know if I should continue or stop playing if something hurts?”*

- Stop playing as soon as you notice an injury and seek advice from a professional
- It may be nothing to worry about, but it is always better to be safe than sorry

If you continue playing with an injury it will only get worse

# Questions

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