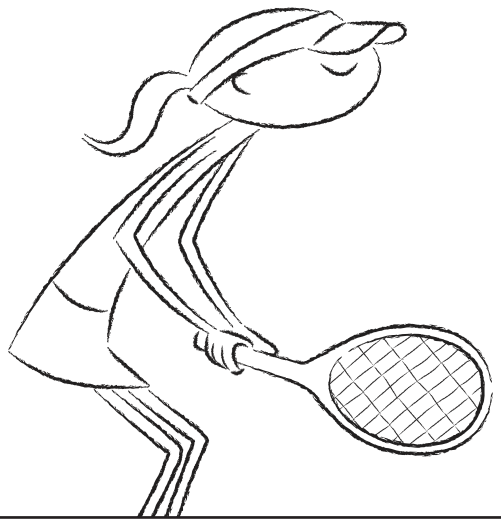
BON SECOURS
ST. FRANCIS HEALTH SYSTEM

Tennis Injury Prevention

For a safer, more enjoyable experience playing tennis, remember these tips:

- Wear clothing and shoes that fit properly, and be sure to break in new shoes before full use during play. The American Podiatric Medical Association recommends wearing shoes that are made specifically for tennis instead of wearing running shoes. Tennis shoes have padded toe boxes that help prevent toe injuries and have minimal traction to allow for side-to-side sliding.
- As you warm-up, progress slowly as time allows. Gradually increase the power of your stroke and the speed of your movements until you have warmed up to playing at full capacity.
- After warming up, do some simple wrist stretches. Strengthening your wrists can take the stress off of your elbows.
- Be sure to use proper stroke technique; sloppy form increases the possibility of injury. If you need instruction on proper technique, find a local tennis pro in your area for a lesson.
- Stay hydrated by drinking considerable amounts of water and/or sports drinks before, during, and after play.
- Stretch well after playing to help reduce muscle soreness, limit injuries and increase your range of motion. After tennis, stretch your quadriceps, hamstrings, groin, calf muscles, upper back, and chest.
- If you feel muscle soreness after playing, apply ice to the area for 15-20 minutes.
- Increase your playing time and intensity gradually. For example, don't try to play 10 sets if you're used to playing only two. Gradually build up your sets to increase your stamina and reduce the risk of overuse injuries.



St. Francis Sports Medicine

864-675-HURT
24/7 Sports Injury Hotline
Sports Medicine Physician Network

864-675-4654
St. Francis Sports Medicine

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