

Tips to Prevent Tennis Elbow

(While playing tennis)

Work with your tennis professional to correct the following:

- Avoid poor body positioning with the elbow leading the racquet.
- Avoid “wrist flick” motions when striking the ball.
- Avoid striking the ball late.

Know that a smaller head racquet and/ or a tightly strung racquet may require more exertion from the forearm muscles.

- A mid-size to larger head racquet to provide a larger impact area or “Sweet Spot” for the ball.
- When choosing the string tension, professionals suggest using the lowest recommended by the Manufacturer.

Try playing on a clay court rather than asphalt to lessen the force impact on the racquet.

Be sure the grip is not too small, this will help you avoid gripping too tightly.

Choosing the right grip:

- Measure the distance between the palm crease and tip of the ring finger. This measurement is the circumference of your grip (grip size).

Two handed backhand lowers the stress on the forearm muscles.

Try wearing a counterforce brace while playing to support and reduce the stress on the muscles.

Stretch and warm up before playing. Ice the elbow after your match to decrease the chances of inflammation and/ or injury.

*** Please do not hesitate to contact us if you have questions ***