

Tennis Injury Workshop

A musculoskeletal physiotherapist from South Care Physiotherapy named Madeline came to talk and demonstrate to us on Exercises and Warm-up and Managing Injuries specifically for tennis. This is the second time that the club has held a Sports Medicine Workshop.

As tennis players, warming-up and doing stretches is vital to prevent injuries, loosen up stiff joints (in particular to those of us who are veterans!), as well as preparing our muscles to stretch when we reach. The various types of warm-ups were demonstrated and Madeline had the audience participating by actually doing them. Tip: Warm up the movements made when playing tennis (footwork, body and arms).

Balance is also very important and several means of improving this were also covered (hopping side to side along a line, passing ball back and forwards whilst on one foot, eyes closed and being led around). Some insight on various types of injuries and their causes and how to manage them were also gained by members who attended.

Some snapshots taken at the workshop below.



Improving Balance



Running and touching ground (forward/back & side-to-side)



Get balance – eyes closed and lead on!



The Instructor



Looking at weak points for shoulder injury