      ***What does a tennis training sessions entail***

a.     Cardio

b.     Technique

c.      Training

d.     Exercise

e.     Visualization

Etc

      ***What injuries do tennis players develop and why?***

* One sided game so asses for
	+ Neck involvement
	+ Shoulder *weakness*
	+ Medial elbow pain *with forehand*
	+ Lateral elbow pain *only if the player has 1 handed back hand*
	+ TFCC/ ECU *with slicing*

**Common injuries**: RTC, medial epicondylitis or UCL sprain (*Assess for cuff weakness*), ECU subluxation (*weakness in shoulder resulting in too much strain at the wrist causing extreme angulation at the wrist*)

      **Performance testing** needed to assess posture, endurance, flexibility

      ***What does training entail?***

## Specific exercises that we choose to do to keep a player fit from shoulder to wrist

* *Core strengthening,*
* *Cuff strengthening,*
* *Flexibility,*
* *Neural gliding,*
* *Postural control*
* *Endurance training for the upper body*
* *Imagery*
	+ *Maintain and improve Strength – Via Contralateral extremity training*
	+ *Prevent Excessive ROM Loss – Via Motor imagery*

      ***Lets talk technique….***

o   Using whole body

o   Getting behind the racquet

o   Accelerating on contact through forearm

o   Two handed vs one handed back hand

      ***Returning to sports after injury/ surgery. How to get the player back to tennis***

o   Swinging racquet in the air

o   Hit light balls

o   Build the time on baseline

o   Soreness in wrist shoulder to go away before mixing up returns, reflex volleys and

o   Full speed serves

# Use of taping / brace when playing

* We design player specific training for their particular injury to get them back asap
* Taping is done to
	+ Manage posture
	+ Correct technique
	+ Prevent injury
* A combination of Leuko and Kinesio tape may be used to achieve the above goals