

## **TENNIS INJURIES – WHAT EVERY PLAYER SHOULD KNOW**

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Sore wrists, elbows, shoulders, back and legs come with the territory for tennis players. So do scrapes and scars for aggressive athletes unafraid to give up their bodies to save serves and score points. Fortunately, the majority of tennis injuries can be avoided, and almost all can be treated effectively. Here is what to keep in mind to stay in the game.

### **How Most Tennis Players Get injured**

The United States Tennis Association identifies the following as the most common types and causes of injuries among tennis players:

Muscle tears and ligament sprains due to overuse

Tendinitis (painful swelling) in the elbows and knees

Sprained and broken ankles from trips

Bruises, scrapes, cuts and fractures from falls and dives

Adult tennis players also face higher risks than non-players for hip, stomach muscle and wrist injuries.

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### **Tips To Prevent Injury On The Tennis Court**

Following three basic strategies can help prevent injuries while playing tennis.

1. Strengthen the muscles in the hands, arms, upper back, core and legs. Do not neglect the development of any major or minor muscle groups.
2. Progress slowly through the different strokes, tactics and surfaces. Do not overtax muscles and joints with long workouts and games, and concentrate on learning how to play a good grass, hardcourt or clay game before trying to master surface-specific techniques.
3. Take time to complete a comprehensive, dynamic warm-up before playing a match. The stretching and exercise routine starts with swinging the arms in circles while not holding anything, proceeds through lunges and trunk twists, and concludes with hugging the body around the shoulders.

## **Know How To Treat Tennis Injuries**

Most tennis injuries resolve with first aid and rest. Applying antibiotic cream to a skinned knee, wrapping a heat pad around a sore lower back and staying off the courts for a few days is usually enough.

The time to seek medical care comes when an injury is serious or when pain, decreased strength or limited range of motion lasts long after the game or practice. Diagnosing a tennis-related injury often requires extensive physical testing and medical imaging. Consulting with an experienced orthopedic surgeon can help to find an answer on what is wrong and what needs to be done to fix it.

## **Want To Learn More About Injury Prevention? Contact Active Orthopedics and Sports Medicine. We have Orthopedic Surgeons in Hackensack, Emerson, Elmwood Park and Montclair.**

If you have any questions about how to properly exercise or how to treat injuries caused by exercise, contact us today to schedule a consultation. To schedule an appointment, please call us at one of our four convenient locations:

Hackensack, New Jersey  
(201) 343-2277

Emerson, New Jersey  
(201) 358-0707

Elmwood Park, New Jersey  
(201) 904-2400

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