



Tennis Injuries

One of the most popular racket sports, tennis is played competitively and just for fun across the world. Although overuse injuries like tennis elbow and wrist pain make up two-thirds of injuries, the good news is that most can be prevented with some changes to technique and training routines.

What are some of the most common tennis injuries?

1. Tennis Elbow

The most talked about injury in this sport is tennis elbow. The muscles and tendons of your forearm that help you extend your wrist and bend it back can become inflamed or damaged from repeating the same motion of hitting the ball over and over again. Proper strengthening and regular warmups will help decrease tennis elbow.

2. Shoulder Injuries

Your rotator cuff helps position your shoulder properly in the shoulder socket. When your shoulder is weak, there is more movement of the ball in the socket, irritating the tissue. This typically produces pain with overhead motions such as serving. Flexing and extending the wrist using an exercise band three to four times a week may help lessen pain and decrease injuries.

3. Stress Fractures

About 20% of youth tennis players suffer stress fractures compared to 7.5% of professional players. Stress fractures happen when you increase training too rapidly. When the muscles tire, more stress is placed on the bone, which can cause cracks. Stress fractures can occur in the leg or in the foot. These injuries are preventable with proper strength and endurance training.

4. Muscle Strains

Stopping or turning to hit a tennis ball can cause muscle strain. You can warmup and stretch to help eliminate muscle strains and prepare your body for activity.

How can tennis injuries be prevented?

- Have a pre-season health and wellness evaluation
- Perform proper warmup and cooldown routines
- Incorporate strength training and stretching
- Hydrate to maintain health and minimize cramps
- Incorporate proper nutrition before, during and after exercise
- Wear properly fitted protective equipment, including tennis shoes
- Play by the rules of the game
- Speak with a sports medicine professional or athletic trainer about injury concerns or prevention strategies

Need immediate treatment for a tennis injury?

The Children's HealthSM Andrews Institute for Orthopaedics & Sports Medicine offers treatment for all sport-related injuries. Call to book your appointment today. With same-day and next-day appointments, we can get you in and back in the game.

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