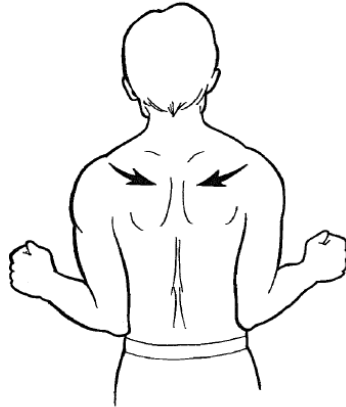


# Basic Tennis Injury Prevention Exercises

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## No Moneys for Scapular Strengthening and Control



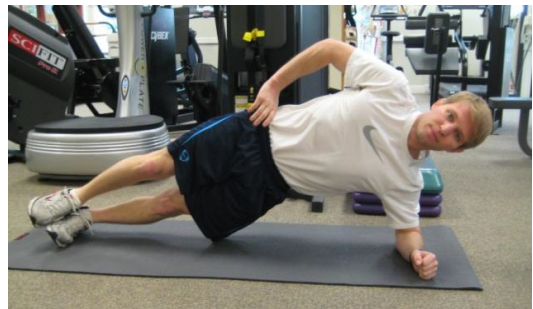
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1. Stand with elbows bent to 90 degrees and palms up towards the ceiling
2. Inch shoulder blades down and back as you rotate your arms outwards in a pain free range of motion
3. Hold 6 seconds
4. Perform 2 sets to fatigue

## Tyler Twist for Tennis Elbow

<http://www.youtube.com/watch?v=12wPGvpHvNE>

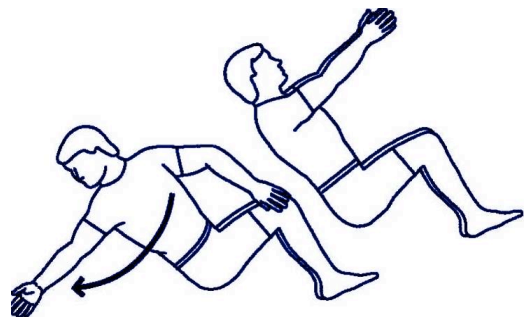
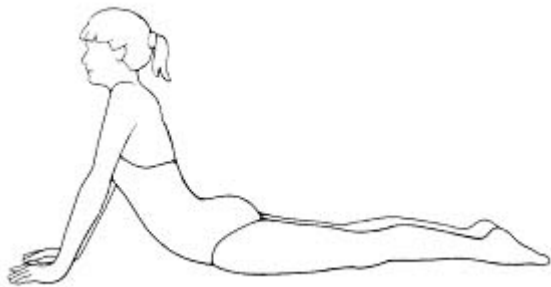
## Prone and Side Planks for Core Strength and Stability



1. Maintain straight alignment through ankles, knees hip, and shoulders
2. Tighten your abdominals by sucking in your belly button like you are trying to get into a tight pair of pants. Don't hold your breath.
3. Hold for as long as you can maintain good form and keep stomach tight
4. Perform 1-4 sets

## Prone Press Ups and Supine Trunk Rotation for Spine Flexibility

1. Pain free gentle stretches
2. Perform 3-5 repetitions
3. Hold 30 seconds



## Quad, Hamstring and Calf Stretches for Lower Extremity Flexibility

1. Pain free gentle stretches
2. Perform 3-5 repetitions
3. Hold 30 seconds

