



ATTENTION TENNIS PLAYERS: SIDELINED BY ELBOW PAIN??

Elbow pain is a common complaint among tennis players. At times, the pain is only when making contact with the ball, maybe only after a drill, and other times it becomes so intense the player has difficulty just trying to hold their racquet. Commonly, this pain is referred to as “Tennis Elbow”, which involves pain at the area where tendons of the forearm attach at the elbow, also known as [lateral epicondylitis](#). Ask yourself the following:

1. How are my stroke mechanics? You may just need a few tweaks to your positioning and mechanics. Have a coach evaluate you or video yourself. Are you hitting the ball late every time with your racquet head in front of your wrist? There is no one size fits all, but that contact point could be your source of your tennis elbow pain.
2. Do I have any muscle weakness? Your strokes should encompass a combination of shoulder/elbow/wrist/trunk/legs - it is not a single elbow motion.
 - *Strengthen shoulders: this includes the rotator cuff and scapular muscles
 - *Strengthen legs: this will help to better transfer power and should include speed and agility for proper set-up, change in direction and reaction time
 - *Core strength: think power transfers from your core to your extremities - it follows the entire kinetic chain
3. Are my strings too tight?
4. How hard am I gripping my racquet? Is my racquet handle too big/too small? Is my racquet too light/too heavy? Ensure you have the right size and fit for you.

If your tennis elbow pain does not improve after checking all of the above, it may be time to be evaluated by a medical professional. [Crossroads Physical Therapy](#) can evaluate your condition and determine a plan of care with the hopes of seeing you back on the court.

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