



## Tennis Elbow Prevention Tips

**The American Society of Hand Therapists (ASHT) offers the following tips to prevent hand injuries while playing tennis.**

1. Avoid poor body positioning with the elbow leading the racquet.
2. Avoid “wrist flick” motions when striking the ball.
3. Avoid striking the ball late.
4. Know that a smaller head racquet and/or a tightly strung racquet may require more exertion from the forearm musculature.
5. Make sure your grip is not too small. Avoid gripping your racquet too tightly.
6. In order to correct poor body positioning and stroke mechanics, request instruction and/or advice from a tennis professional.
7. Try playing on a clay court rather than asphalt. The slower court surface will help slow down the ball and thus lessen the impact on your racquet.
8. Grip size should be chosen by measuring the distance from the crease of your palm to the tip of the ring finger.
9. How tight should string tension be? Professionals suggest that the tension be at the manufacturer’s lowest recommendation.
10. Try a two-handed backhand to relieve stress placed on the forearm extensor musculature that originates at the elbow. These are the muscles that are contributing to the pain.
11. Try a mid-size to larger head racquet in order to provide a larger impact area or “sweet spot” for the ball.
12. Try wearing a counterforce brace while playing your match. The counterforce brace gives external support to the involved musculature and will take some of the stress off the area where the muscle begins.
13. Stretch and warm up before your match. Ice the area well after your match. This will help decrease your chances of inflammation and re-injury.