



# INJURY PREVENTION IN COMPETITIVE TENNIS

Level II Coaches Course



# By the end of this session you should be able to:

- understand your role in injury prevention and first aid procedures
- identify the main causes of injuries in tennis
- identify the typical injuries in tennis and their causes
- explain appropriate emergency procedures and monitor the health and safety of players



# ROLE OF THE COACH on the Sports Medicine Team

- The coach, the doctor and the physiotherapist should work together
- The role of the coach can be divided into several areas:
  - Injury prevention
  - Emergency first response
  - Dealing with the injured player and assisting with the recuperation



# COACH'S ROLE in injury prevention (I)

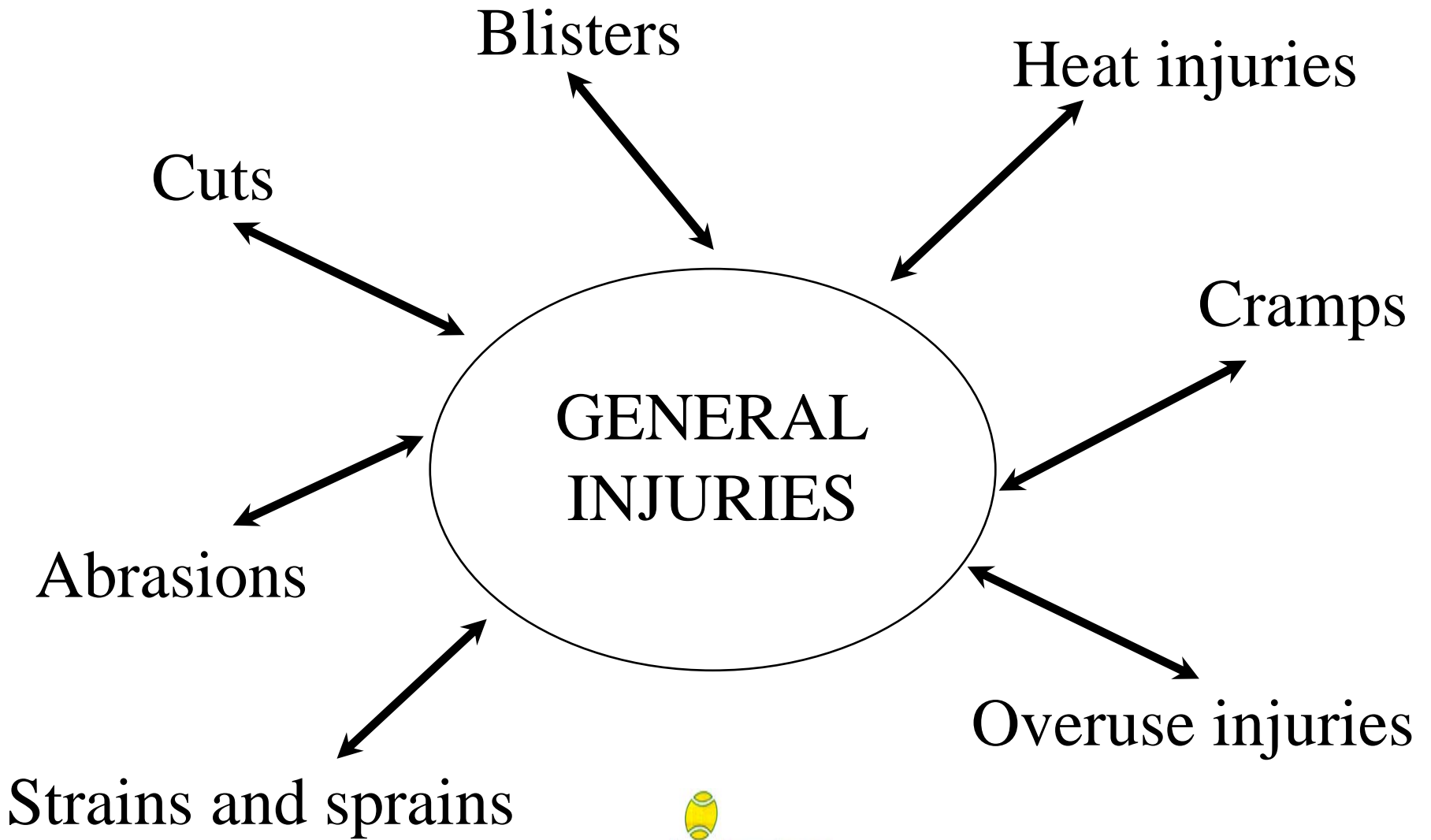
- Have an in-depth knowledge of tennis, including the inherent dangers
- Give consideration to the stage of development and growth of children
- Be concerned about prevention of over-use and over-training injuries
- Insurance is essential both for coaches and players



# Principles of injury prevention

- Use good facilities
- Use good equipment
- Develop good technique
- Get fit for tennis
- Respect the limits of the body







# INJURY PREVENTION (I)

<b>INJURY</b>	<b>CAUSE</b>	<b>PREVENTION</b>
Heat	Improper hydration	Advise players to drink water every 15-20 mins.
Overuse (shin splints, tendonitis, bursitis)	Poor technique, lack of strength and flexibility	Teach good technique and correct bad technique, help players to get fit
Strains and sprains	Inflexibility, poor technique, poor fitness and fatigue	Plan the training, do not overtrain
Cramps	Heredity, fatigue, direct blow or injury, hot weather	Undergo thorough fitness programme, heat acclimatization, drink, avoid heavy meals

# INJURY PREVENTION (II)

<b>INJURY</b>	<b>CAUSE</b>	<b>PREVENTION</b>
Blisters	New/regripped racket, new shoes, humidity	Moleskin, powder, lubricants, keep clean and protected
Abrasions	Hit against the floor, a fence, the post, etc.	Clean thoroughly, use running water and soap, cover with sterile dressing or leave it open
Cuts	Hit against the floor, a fence, the post, etc.	Direct pressure, use running water, antiseptic powder, never apply cream, ensure tetanus immunization



# IMMEDIATE TREATMENT

- **R**: Rest (the injured part for 48 hours)
- **I**: Ice (on a cloth, apply for 15 min. each hour)
- **C**: Compress (bandage to reduce swelling)
- **E**: Elevate (reduce swelling)
- **R**: Rehabilitation (immediately:
  - medication or physiotherapy)



# HELPING INJURED PLAYER

## Coach's role

- Reassurance: Let the player know that the injury will get better
- Regular contact with player and parents: telephone calls, social visits, etc.
- Work on areas unaffected by the injury
- Contact with previous injury players who have recovered: Using them as role models
- Encourage a positive home environment by using player's spare time in a constructive way eg. watch videos of tennis players



# MAIN CAUSES OF INJURIES

- **IMPROPER FACILITIES AND EQUIPMENT:** Heavy racket, shoes too tight, court too slippery
- **IMPROPER TEACHING:** Poor technique
- **POOR FITNESS:** “Get fit for tennis, don’t play tennis to get fit”
- **STRIVING FOR EXCELLENCE:** Pushing over the body limits



# LOCATION OF TENNIS INJURIES

Upper limb 27%	Trunk/back & abdomen	Lower limb 40%	Others (thigh, hip, head, eye)
Shoulder 10%	20%	Foot 12%	13%
Elbow 12%		Ankle 8%	
Wrist 5%		Lower leg 5%	
		Knee 15%	



# TYPICAL TENNIS INJURIES (I)

<b>LOCATION</b>	<b>INJURY</b>	<b>CAUSE</b>
Foot	Skin problems	Unsuitable footwear for the court surface
Ankle	Sprain	Unsuitable footwear for the court surface, quick change of direction
Lower leg	Tennis leg	Repetitive load on a straight (knee extended leg)
Patella and knee	Overload injuries	Bursitis (inflammation of knee bursa), tendinitis (repetitive jumping), etc

# TYPICAL TENNIS INJURIES (II)

<b>LOCATION</b>	<b>INJURY</b>	<b>CAUSE</b>
Trunk and back	Muscle pull/strain	Pressure on back when arching for serve or bending on low shots
Spine	Congenital defects	Hyperextension of the lumbar spine (i.e. topspin serve)
Abdomen	Stomach pulls	Stretching and attempting to hit powerfully (ie. when developing a big serve)

# TYPICAL TENNIS INJURIES (III)

<b>LOCATION</b>	<b>INJURY</b>	<b>CAUSE</b>
Shoulder	Rotator cuff	Faulty technique from over vigorous stroke play
Elbow	Tennis elbow	Hitting late, leading with elbow on the BH, too small racket grip
Elbow	Golfers elbow	Poor serve and FH technique, hitting excessive topspin
Wrist	Tendinitis	Overuse. Grip and technique on the FH and serve

