



# Preventing the Top 5 Platform Tennis Injuries

As the official orthopedic provider of the Chicago Platform Tennis Association, Midwest Orthopaedics at Rush (MOR), wants to keep platform tennis players safe and injury-free. To help do this, MOR sports medicine physician Dr. Leda Ghannad conducted the first-ever national injury survey of platform tennis players. The goal was to identify the most common injuries in order to develop the best prevention strategies. The survey revealed:

**66%** of players sustained an injury on the court.

Of these, **50%** experienced more than one injury.

*To help prevent these injuries, MOR recommends the following prevention strategies:*

**The most common injuries are:**

- Tennis elbow
- Calf strain
- Meniscal tear
- Ankle sprain
- Rotator cuff tendinitis

## TENNIS ELBOW



### Forearm Stretch

**REPS:** 3 | **SETS:** 1 | **HOLD:** 30 | **WEEKLY:** 5x | **DAILY:** 3x

**Setup** - Begin sitting in an upright position with your arm straight in front of you, your hand in a fist, and your palm facing downward.

**Movement** - Slowly bend your wrist toward the floor as far as you can and hold, then relax and repeat.

**Tip** - Make sure only to move within a pain-free range of motion.

## CALF STRAIN



### Gastroc Stretch

**REPS:** 3 | **SETS:** 1 | **HOLD:** 30 | **WEEKLY:** 5x | **DAILY:** 3x

**Setup** - Begin in a standing upright position, with the front of one foot resting on a thick book or block.

**Movement** - Step forward with your other leg, keeping your back knee straight. Shift your weight forward until you feel a stretch in your calf.

**Tip** - Make sure to keep your back knee straight during the stretch.



### Soleus Stretch

**REPS:** 3 | **SETS:** 1 | **HOLD:** 30 | **WEEKLY:** 5x | **DAILY:** 3x

**Setup** - Begin in a standing upright position, with the front of one foot resting on a thick book or block.

**Movement** - Step forward with your other leg, keeping your back knee slightly bent. Shift your weight forward until you feel a stretch in your lower leg.

**Tip** - Make sure to keep your back knee bent during the stretch.

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## MENISCAL TEAR (KNEE)



### *Half Kneeling Hip Flexor Stretch with Sidebend*

**REPS:** 3 | **SETS:** 1 | **HOLD:** 30 | **WEEKLY:** 5x | **DAILY:** 3x

**Setup** - Begin in a half kneeling position with one knee bent in front of your body.

**Movement** - Tighten your abdominals, tilt your pelvis backward, and gently push your hips forward. Maintaining this position, slowly raise your opposite arm overhead and lean your torso to the side of your front knee. Hold this position, then relax and repeat.

**Tip** - Make sure to maintain your balance and keep your movements slow and controlled during the stretch.



### *Bridge with Straight Leg Raise*

**REPS:** 10 | **SETS:** 3 | **HOLD:** 5 | **WEEKLY:** 5x | **DAILY:** 3x

**Setup** - Begin lying on your back with both legs bent and your feet resting on the ground.

**Movement** - Tighten your abdominals and lift your hips off the ground into a bridge position. Straighten one leg with your thigh in line with your other leg, then lift your straight leg up several inches. Your body should be in a straight line.

**Tip** - Make sure your movements are slow and controlled. Do not let your hips drop as you lift your leg.

## ANKLE SPRAIN



### *Seated Ankle Eversion*

**REPS:** 10 | **SETS:** 3 | **HOLD:** 5 | **WEEKLY:** 5x | **DAILY:** 3x

**Setup** - Begin sitting upright with a resistance band looped around your foot and anchored around a table leg on the opposite side of your foot.

**Movement** - Rotate your ankle outward, pulling against the resistance, then slowly return to the starting position and repeat.

**Tip** - Make sure to keep your foot parallel to the floor and try to keep the rest of your leg still during the exercise.



### *Seated Ankle Inversion*

**REPS:** 10 | **SETS:** 3 | **HOLD:** 5 | **WEEKLY:** 5x | **DAILY:** 3x

**Setup** - Begin sitting upright with a resistance band looped around your foot and anchored around a table leg on the same side as your foot.

**Movement** - Rotate your ankle inward, pulling against the resistance, then slowly return to the starting position and repeat.

**Tip** - Make sure to keep your foot parallel to the floor and try to keep the rest of your leg still during the exercise.

## ROTATOR CUFF TENDONITIS (SHOULDER)



### *Standing Bilateral Low Shoulder Row*

**REPS:** 10 | **SETS:** 3 | **HOLD:** 5 | **WEEKLY:** 5x | **DAILY:** 3x

**Setup** - Begin in a standing upright position holding both ends of a resistance band that is anchored in front of you, with your palms facing up.

**Movement** - Pull your arms back against the resistance band, bending at your elbows, then return to the starting position and repeat.

**Tip** - Make sure to keep your back straight and think of squeezing your shoulder blades together as you pull your arms back.



### *Standing Shoulder External Rotation*

**REPS:** 10 | **SETS:** 3 | **HOLD:** 5 | **WEEKLY:** 5x | **DAILY:** 3x

**Setup** - Begin in a standing upright position holding both ends of a resistance band. Your elbows should be bent at 90 degrees with a towel roll tucked under each arm, and your thumbs pointing outward.

**Movement** - Slowly rotate your arms out to the side, then bring them back to the starting position and repeat.

**Tip** - Make sure to keep your hips and shoulders facing forward throughout the exercise. Think of squeezing your shoulder blades down and back as you pull your arms outward.