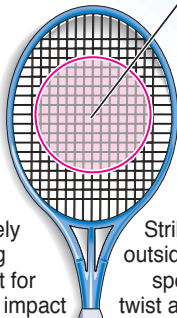


A pain in the elbow

Tennis elbow – pain caused by repetitive, one-sided movements of hand, wrist and forearm – can be avoided with correct playing techniques and careful choice of racket

'Sweet spot' – minimal torsion on impact



Loosely strung racket for lower impact

Striking the ball outside the sweet spot increases twist and vibration

Origin of muscles which extend fingers and pull hand back from the wrist

Humerus

Ulna

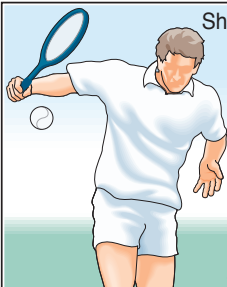
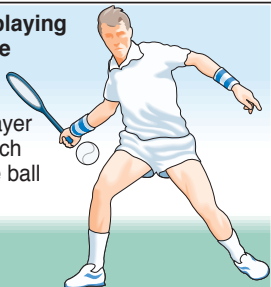
Tennis elbow: Pain and tenderness on the outside of the elbow, often accompanied by serious weakness in the wrist

Measuring the racket grip

A racket should be chosen to suit both the style of play and size of grip. The handle circumference should equal the distance between the mid-line of the palm and the tip of the middle finger

Correct playing technique

Good footwork allows player to approach and strike ball correctly



Shoulder and trunk should follow through so that force is evenly distributed throughout body when ball is hit