

Tennis

Tennis is becoming an increasingly popular sport with over three million people playing tennis in the UK every year and around ten million people tuning into Wimbledon on each day of the Championships last year.

For many there is nothing more enjoyable than an afternoon out on the courts. Outlined here are just a few of the many health benefits of playing tennis as well as how to avoid injuries whilst playing this summer.



Tennis has wide-ranging benefits including strengthening your arms, back, abdominals, bottom and legs, as well increasing general fitness.

High intensity rallying is a great cardiovascular workout. Recent research shows that three hours of moderate aerobic exercise every week can cut the risk of developing heart disease by 50 percent.

Regular tennis playing can also help to improve coordination, balance and agility. Tennis keeps your mind on the ball – literally! It's a mentally challenging game, which can help to improve speed and reactions.

Playing tennis is also good for your bones. According to the National Osteoporosis Society, tennis is an excellent exercise for your skeleton because it's a weight-bearing exercise which exerts a force that stretches and contracts the muscles, stimulating the bones they are attached to and strengthening them in the process. Weight-bearing exercise is one of the most important ways that people can prevent osteoporosis.

Tennis is fantastic for kids' development - improving co-ordination, balance, fitness, self-confidence, concentration, respect, communication skills, independence, intellectual stimulation and determination.

Risk of injury

Warm up!

A warm-up eases you into your routine, slowly getting your heart rate up and increasing blood flow to the muscles, which can help prevent injuries. Warming up also improves your performance as it gives you faster reflexes and releases endorphins.

Common injuries

Tennis elbow is one the most common and the most painful conditions encountered. It is usually associated with inflammation of the forearm muscle and tissue surrounding the elbow joint.

Shoulder injuries are also common among tennis players.

Poor technique may be the underlying cause of both these common problems so, before you start, make sure you get some coaching or tips from someone experienced to avoid any nasty pulls or strains.

Serving incorrectly puts the shoulder under stress and can also cause lower back pain.

Players with any of these problems should see their Chiropractor to get treatment and tips on how to avoid future injuries.

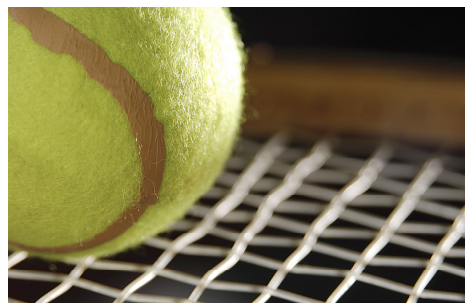
Hydration

Do not underestimate the importance of drinking water when playing tennis. During exercise you lose a lot more fluids than you realise, especially when the weather is warm, as perspiration evaporates very quickly. Water is your best choice for hydration during the warmer months.

So, get playing!

Most importantly, tennis is a positive activity that provides stress-release and social interaction. Exercise of all kinds can improve people's moods but check with your Chiropractor first to make sure tennis is the right exercise for you.

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