Common Tennis-Related Injuries

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Lower limb injuries are most common among tennis players, followed by upper limb injuries and back pain. Lower limb injuries are usually attributable to such acute conditions as knee meniscal and ligament injuries and ankle sprains. Upper limb problems have close relationship with chronic overuse conditions, e.g. shoulder rotator cuff injuries and tennis elbow. Back pain is mainly due to tennis serve, while back injuries contribute to predisposition to recurrent back pain.

Preventive Measures and Self-Management of Tennis-Related Injuries

1. Warm-up exercise

- Quadriceps stretching
- Hamstring stretching
- Calf stretching
- Posterior shoulder stretching
2. **Acute injury management, i.e. PRICE**

   "PRICE" means Protection, Rest, Ice, Compression and Elevation.

3. **Conditioning exercises**
   (in terms of stretching, muscle strengthening and core stabilisation)

   - Shoulder stabilisation
   - Quadriceps-VMO strengthening
   - Gluteus medius strengthening

4. **Sports taping**

   - Ankle proprioception training
   - Back KT taping
   - Ankle rigid taping
Most minor problems can be managed with PRICe principle. But you are advised to consult a doctor or physiotherapist under the following circumstances:

1. Suspected cases of fractures: You might feel intense pain. There might be severe swelling or bruises in the fracture sites. For example, one may mistake scaphoid fracture for mere wrist sprain and delay management, e.g. surgical fixation, leading to non-union and severe degeneration.

2. Suspected cases with torn soft tissue: You may experience pain and severe swelling. Physiotherapy or surgical intervention might be necessary for severe (Grade III) sprain injuries, e.g. triangular fibrocartilage complex injury (wrist), anterior cruciate ligament tear (knee) or ankle sprain with complete tear of lateral ligament complex.

3. Injuries with persistent pain and swelling.

4. No improvement after self-management under PRICe principle.

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**Triangular Fibrocartilage Complex (TFCC) Injuries**

- Scaphoid Fracture
- Triangular Fibrocartilage Complex
- Ulna
- ACL

ACL injuries occur when bones of the leg twist in opposite directions under full body weight.