Common Injuries for Tennis

Tennis Physical Therapy in Jackson

Physical Therapy of Jackson has helped many athletes recover from injury and return to sport as soon as possible. Correct treatment of an acute injury will minimize recovery time and help to avoid an injury becoming chronic. *Client_company* can also help you prevent re-injury by teaching you how to maintain good posture and muscle balance, prescribing you a thorough stretching regime, and providing tips for tennis equipment selection.

Tennis is a very one-sided sport so the muscles and joints on the dominant side are subject to much greater stress and this can easily lead to injury. Both overuse and acute injuries occur in tennis, but by far most injuries occur due to the repetitive strain over time, causing an overuse problem.

Common tennis injuries include:

- Low Back Pain
- Stress Fractures
- Calf Muscle Strain
- Tennis Elbow (Lateral Epicondylitis)
- Shoulder Rotator Cuff Tendinitis
- Wrist Sprain
- Patellar Tendonitis
- Knee Meniscal Tear
- Knee Ligament Sprains
- Ankle Sprain
- Tennis Toe (hemorrhage under the toenail)