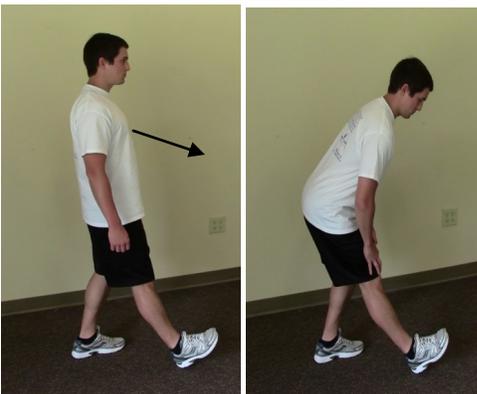


Healthy Knee Program for Tennis

Tennis is a game that requires rapid acceleration and deceleration movements that can place significant stress to the knee joint. It is easy to understand why the knee is at risk for injury. Most knee injuries occur with a single event but others can happen over time. Muscle/tendon strains and ligament sprains can cause pain that varies depending upon the severity of the injury. Initially, pain may be present after playing tennis but it can progress to pain during play and eventually to activities of daily living.

The key to a healthy a knee for tennis is to incorporate flexibility and strength exercises into your weekly routine. Always perform exercises within a zone of comfort.

Hamstring Stretch: Stand with one leg in front with the toes pointed up. Place your hands on your knees and gently lean forward until you feel a stretch in the back of the upper leg. Hold for 30 seconds and repeat 4 times. Repeat for the other leg.



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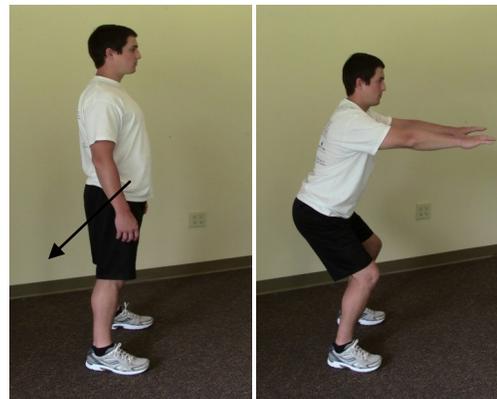
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Straight leg raise: Stay on your back with one leg bent and the other straight. Tighten your thigh muscle and raise the straight leg up to the bent leg. Pause for a 1-2 count and perform 3 sets of 10 repetitions. Repeat for the other leg.



Quarter squat: Stand with your feet shoulder width apart. Bend you knees to lower yourself like you are going to sit in a chair. Raise your arms forward as you bend the knees. Pause for a 1-2 count and perform 3 sets of 10 reps.



Lateral band walk: Tie a band around your ankles with your feet close together. Get in an athletic position with a quarter squat. Lateral walk to the left and right. Repeat 10 times each direction for 3 sets.



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