

Racquet Sports Training Program

Always consult your physician before beginning any exercise program. The information and advice published or made available through the Orthopaedic and Neurosurgery Specialists, PC is not intended to replace the services of a physician or physical therapist. This general information is not intended to diagnose any medical condition. If you experience any pain or difficulty with these exercises, stop and consult your healthcare provider.

Racquet sports uniquely challenge every joint in your body, and gives you a great cardiovascular workout too! The forces produced in racquet sports are created from the ground up, in the legs and core, and then transferred to the shoulder and elbow. A comprehensive training program should involve exercises and positions that strengthen your hips and back, as well as your rotator cuff and forearms.

Perform the following program after a brief cardiovascular warm up. Complete each exercise with 2 sets of 15 repetitions unless otherwise noted. For the stretches, hold each one for 30 seconds and perform on both sides. Follow the directions and have fun!

- 1) Anchor a long Thera-band® in front of you, holding both ends in your hands. Pull back, keeping elbows close to sides and squeezing shoulder blades together.



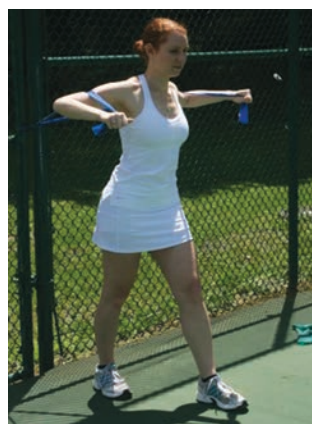
- 2) Stand facing Thera-band®. Pull arms straight back towards your hips, squeezing shoulder blades together.



- 3) Stand facing Thera-band®, holding both ends in your hands. Position arms at 90 degree angles, shoulder blades pinched back. Rotate your arms up and back, slowly return to start position.

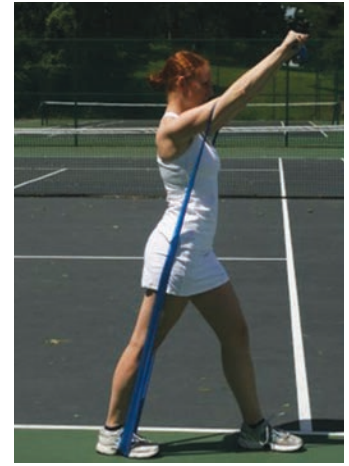
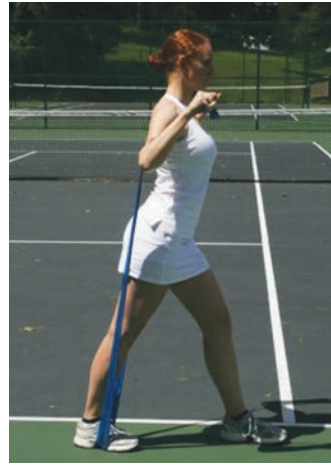


- 4) Turn around so you are facing away from the band. Hold both ends in hands, arms at 90 degree angles. Rotate arms down and forward, slowly return to start position.

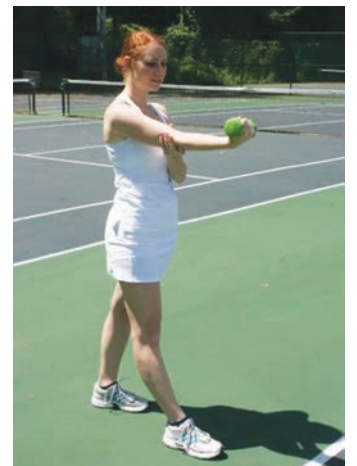
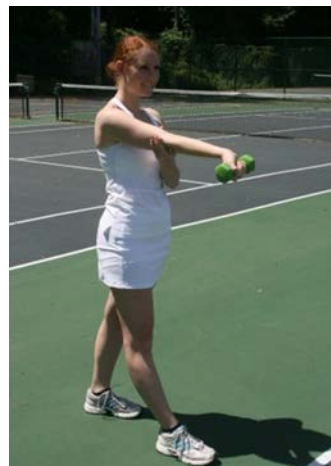
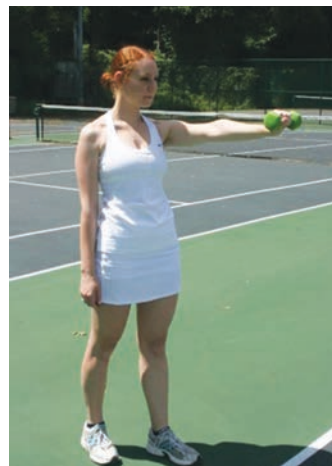




5) Face the band with both ends in hands. With elbows straight, pull overhead and back on the band, at an arm angle that makes you look like a "Y". Squeeze your shoulder blades together.

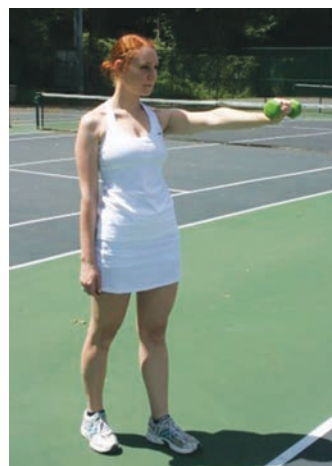
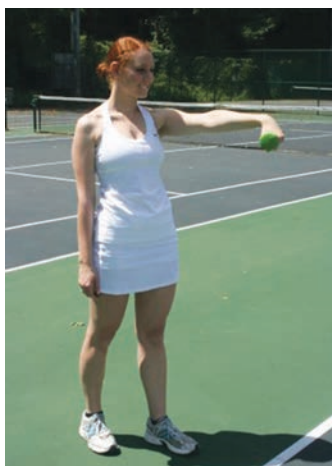


6) Anchor the band as shown, under your rear foot. Standing in a lunge position, punch your arms overhead at a slight angle, rounding your shoulder blades at the end range. Return to start position, repeat.



7) Hold weight in hand, elbow straight, palm down. Move wrist up and down slowly.

8) Hold weight in hand, elbow straight, palm facing up. Move wrist up and down slowly.

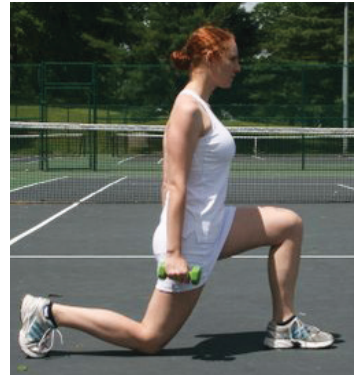


9) Hold weight in hand, elbow bent, palm facing up. Rotate forearm from palm facing down and back again slowly.

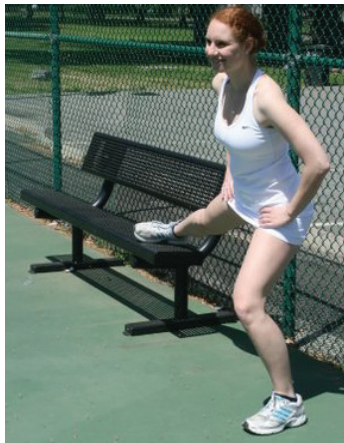
- 10) Hold weight in hand, elbow bent, thumb positioned up. Move wrist up and down slowly.



- 11) Stand with feet together, weights in hands. Take a large step forward, bend both knees and lower to the ground, keeping trunk straight. Do not let your front knee bend past your toes, and do not let it fall inward. Lift back up and return to start position. Repeat 2 sets with each leg leading.



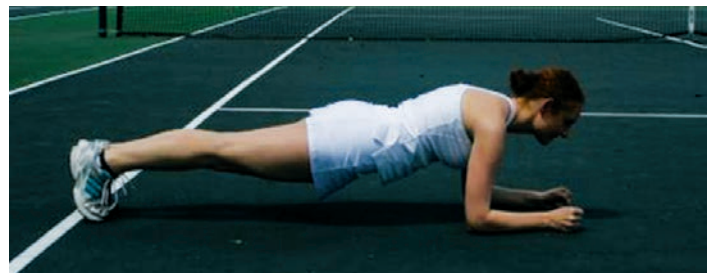
- 12) Stand with right leg on a bench. Bend your left hip and knee, lowering to the ground without letting your knee bend past your toes. Lift back up and repeat 2 sets on each leg.



- 13) Stand with feet apart, weight in hands. Bend hips and knees, lowering to the ground. Keep your knees in line with your toes, do not let them fall inward and do not let them bend past your toes. Lift back up and repeat.



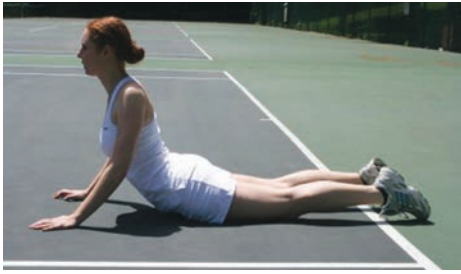
- 14) Stand on the edge of a step, letting your heels hang off the edge. Lift up onto your toes. Slowly lower back down, repeat.



- 15) Begin lying on the ground. Lift up as shown, supported by toes and forearms. Keep your stomach tight and your back flat. Hold for 30 seconds, repeat twice.

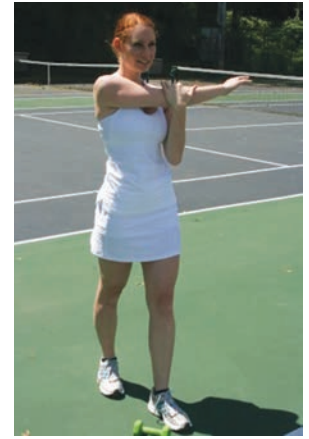
- 16) Begin lying on your side. Lift up as shown, supported by your feet and elbow. Keep your stomach tight and do not lean forward or back. Hold for 30 seconds, repeat 2 times on each side.





- 17) Being lying on your stomach with your hands underneath your shoulders. Keeping your hips and legs relaxed, lift your head and shoulder up. Hold 1-2 seconds at the top. Lower back down and repeat.

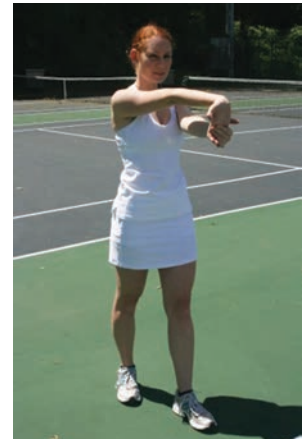
- 18) Cross your arm in front of your chest. Grasp elbow with opposite hand, keep shoulder blades down and relaxed, chin tucked. Hold.



- 19) Raise arm overhead with elbow bent, grasp elbow with opposite hand. Relax shoulder blades down and back, chin tucked. Hold.



- 20) Hold arm in front of you with palm facing down. Use other hand to stretch your forearm. Hold.



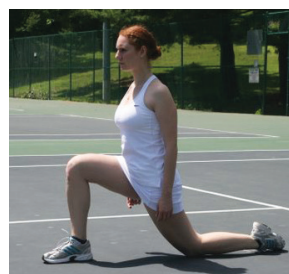
- 21) Hold arm in front of you with palm up. Use other hand to stretch your forearm. Hold.



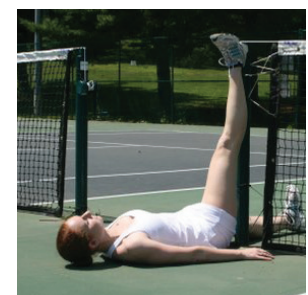
- 22) Stand in corner, hands at shoulder height and elbows bent. Lean into the stretch, you should feel this across your chest. Hold.



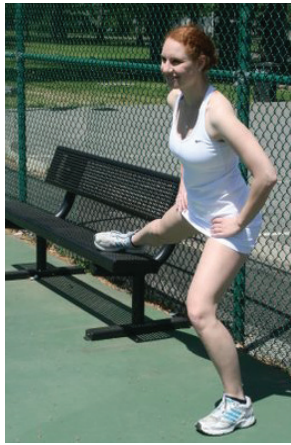
- 23) Kneel as shown. Keep your stomach tight and your back in neutral. Shift hips slightly forward; you should feel a stretch on the front of your thigh. Hold.



- 24) Lie on your back with leg up as shown. Relax, hold.



- 25) Position yourself with one leg on the bench, as in previous squatting exercise. Squat down until you feel a stretch in your inner thigh. Hold.



- 26) Stand with your front leg bent, rear leg straight with foot flat until you feel a stretch in your calf. Hold.

