

TENNIS AT HOME

Standing Stretches



TENNIS
FOR BRITAIN

INTRODUCTION

LTA's expert physiotherapist Anna Poyser has created a series of effective and easy-to-follow at-home physiotherapy exercises.

Anna works in the LTA's Performance Team providing support and guidance to pro UK tennis players, both at home and on the Tour. Everyone, including pro tennis players, are working from home in home office set-ups, exercising differently, maybe even taking up new exercise habits like running, based on what's feasible in lockdown. Anna advises on how to incorporate some flexibility and mobility training into your working at home routine that will help you stay fit and healthy and reduce any chance of injury.

QUAD STRETCH

Support yourself for balance.

Take one foot towards your buttocks and use your arm on that side to assist bring your foot closer.

Keep your knees together at all times and make sure you are standing tall with your pelvis tucked.

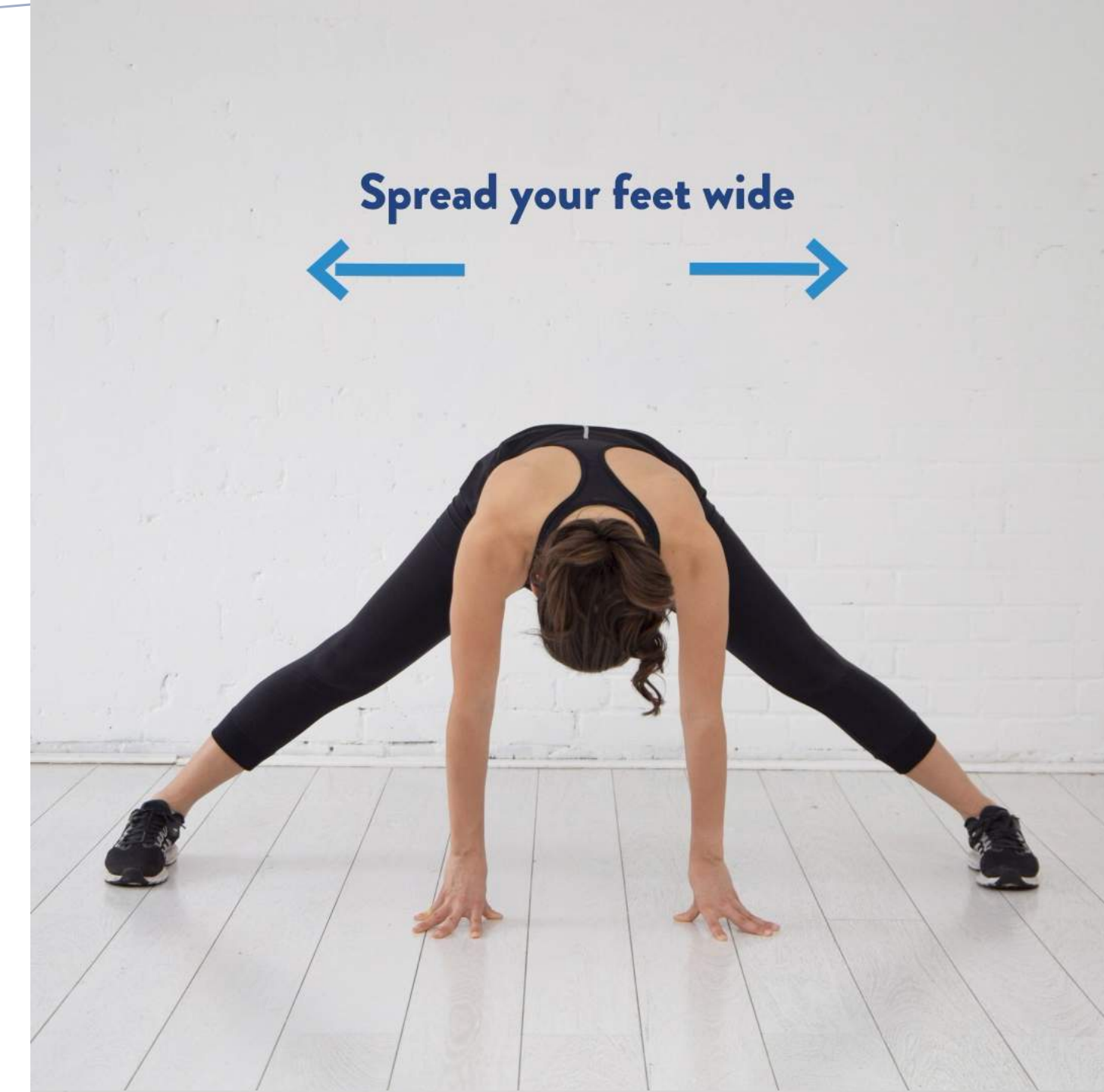


GROIN STRETCH

Take your feet as far apart as comfortably possible.

Fold forward from the hips and bring your hands towards the ground.

Bring your weight forward into your toes to increase the stretch.

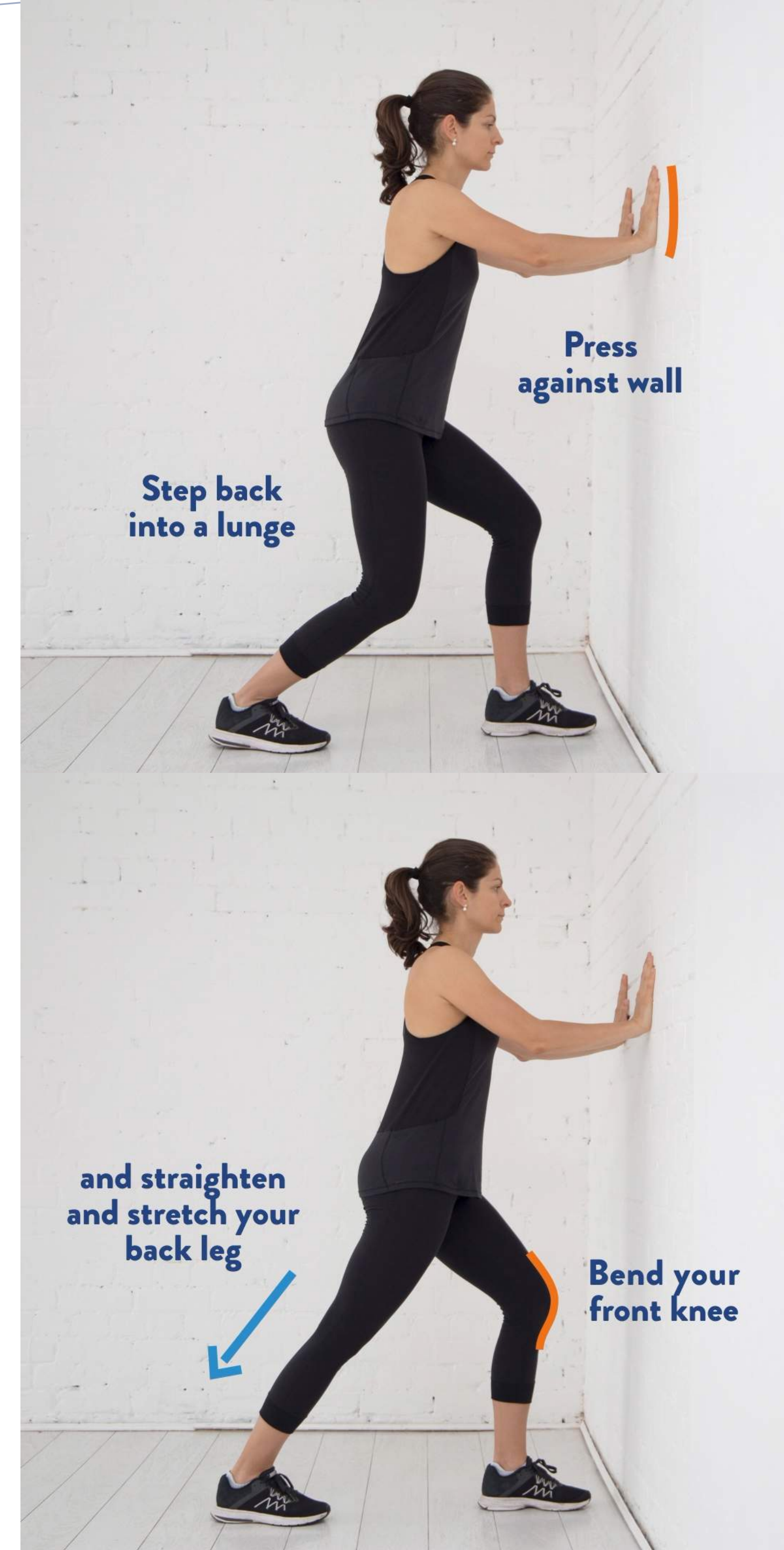


CALF STRETCH

Hold onto a wall for support and come into a lunge position.

Bend the front leg and straighten and stretch the back leg feeling a stretch to the calf.

Then bend that leg to stretch the deeper calf muscle – the soleus.



HAMSTRING STRETCH

Place your feet hip width apart.

Fold forward from the hips and take your hands towards the ground.

Bring your weight forward into your toes to increase the stretch.

Place your feet
hip-width apart



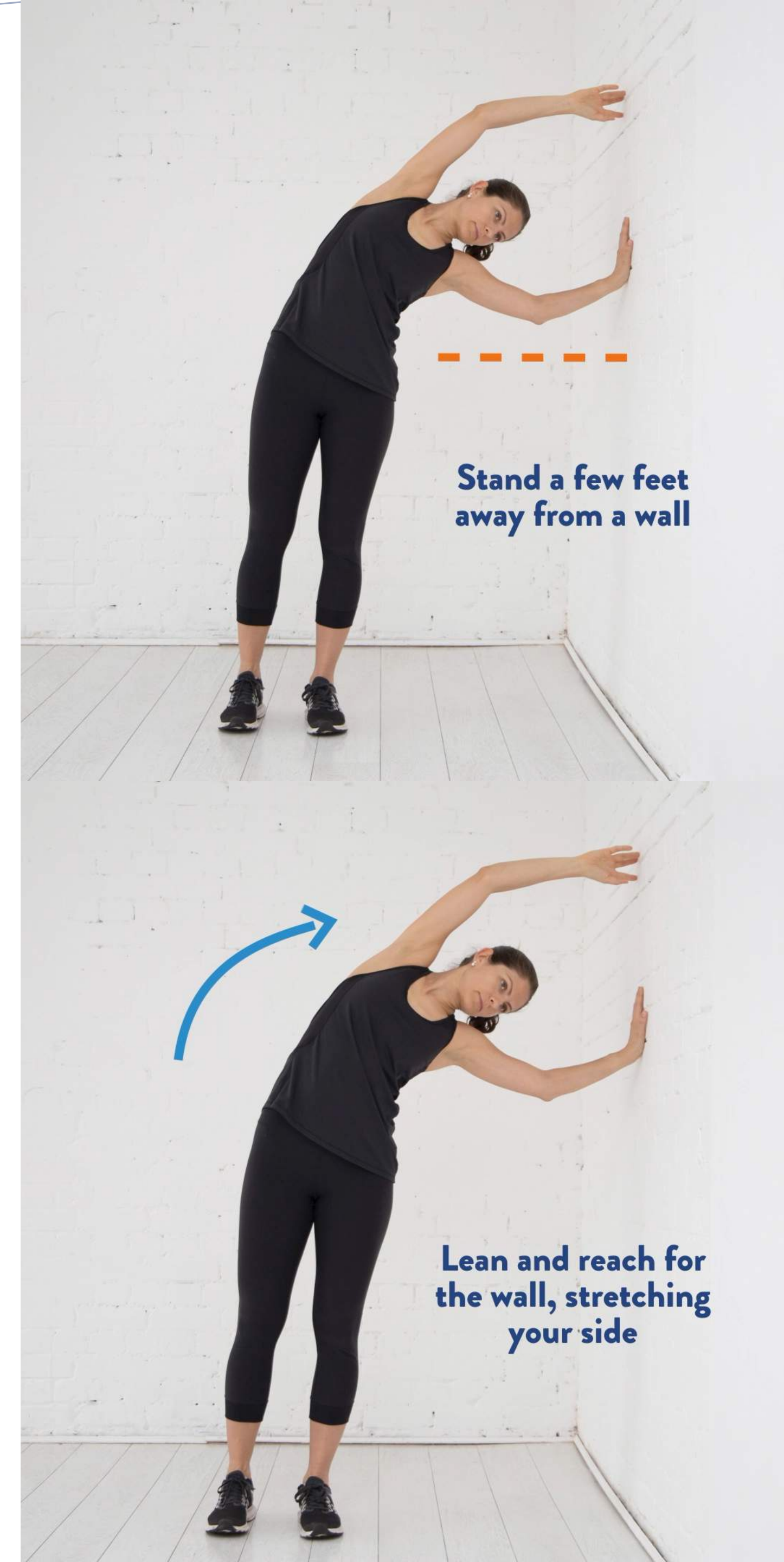
Fold forward and
take your hands to
the ground



SIDE STRETCH

Stand a few feet away from a wall.

Lean over and reach the wall with both hands stretching out the side of your body.



WRIST STRETCH

Keeping arms at shoulder height and straight flex and ext at the wrist and apply pressure with the other hand.

