

TENNIS AT HOME

Foam Roller



TENNIS
FOR BRITAIN

INTRODUCTION

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

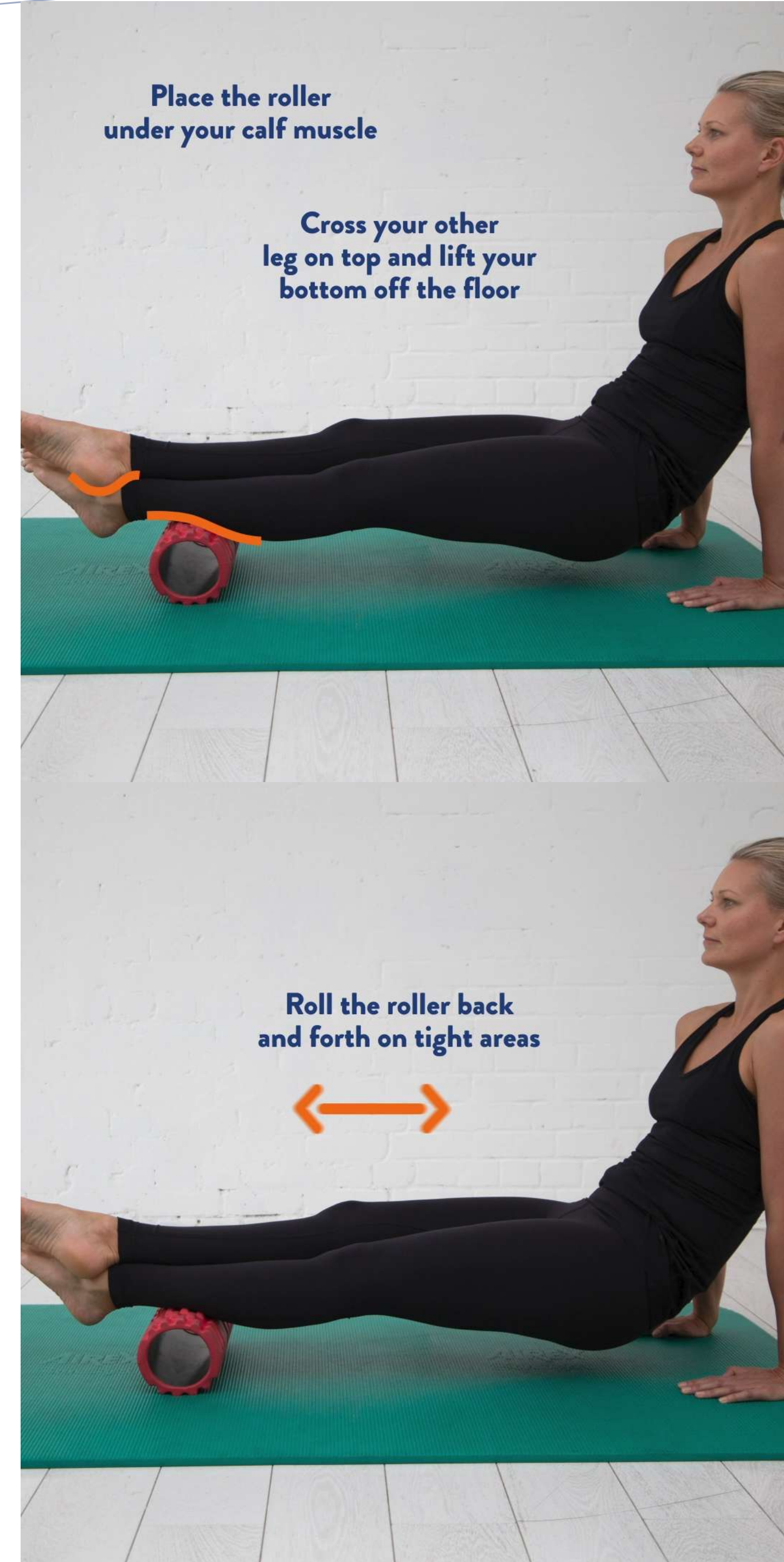
Anna works in the LTA's Performance Team providing support and guidance to pro UK tennis players, both at home and on the Tour. Everyone, including pro tennis players, are working from home in home office set-ups, exercising differently, maybe even taking up new exercise habits like running, based on 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.

CALF STRETCH

Place the roller under one calf muscle and cross the other leg on top.

Roll the roller back and forth on a tight area.

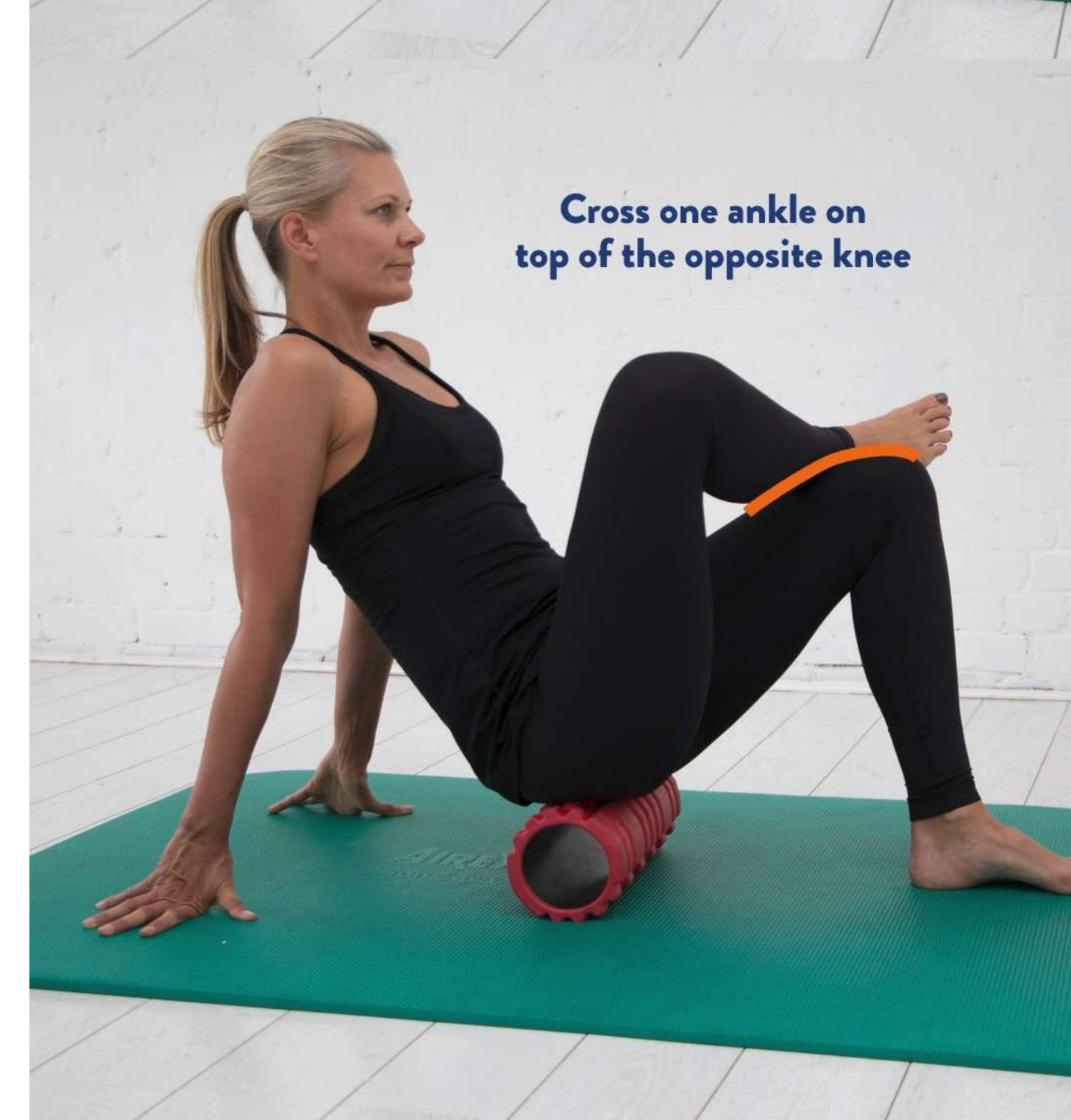
To increase the intensity use your arms to take your bottom off the floor and put more pressure through the calves.



GLUTES STRETCH

Place the roller under the glutes and cross one ankle on top of the opposite knee.

Roll back and forth or stay static on one point.

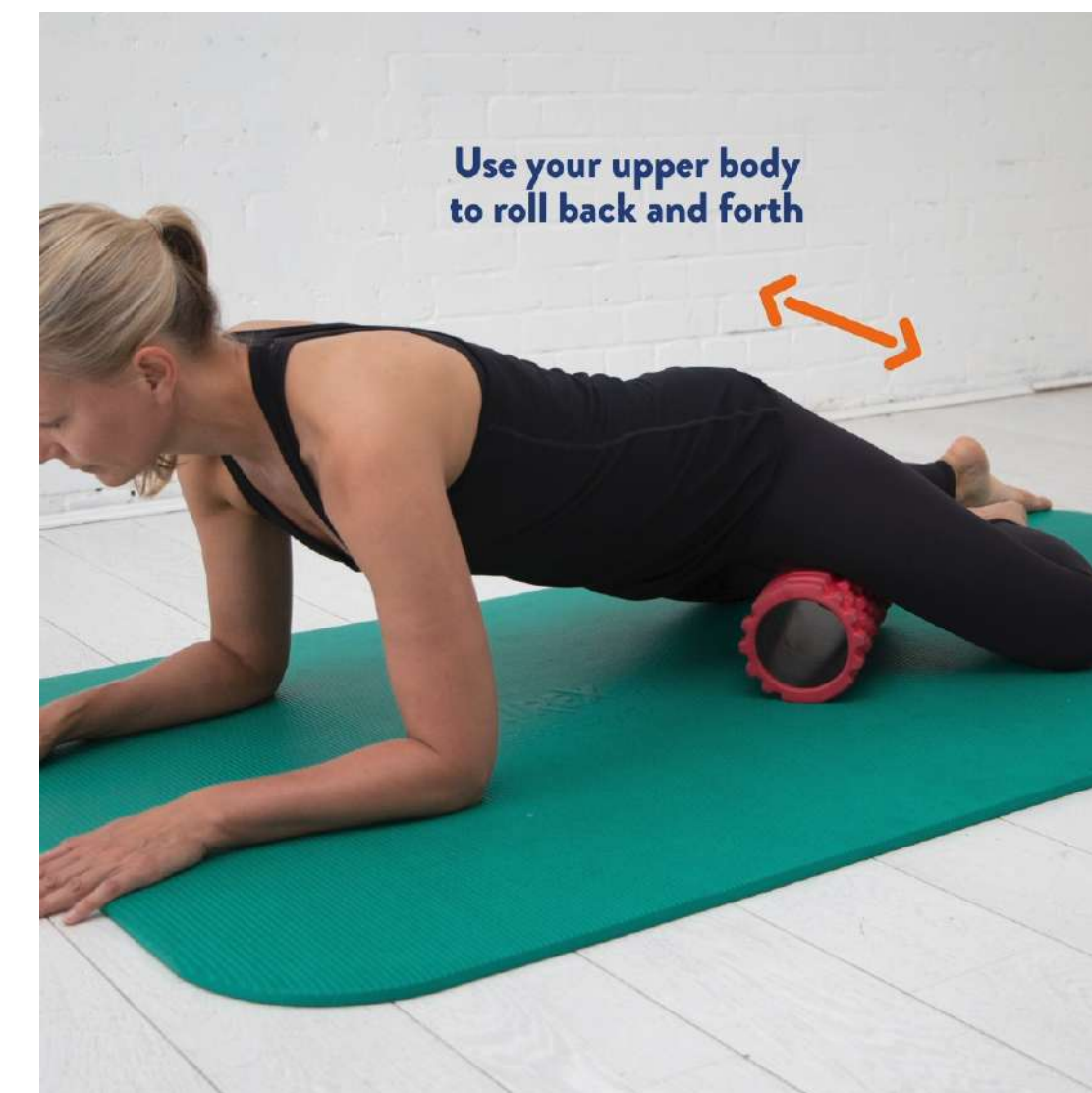
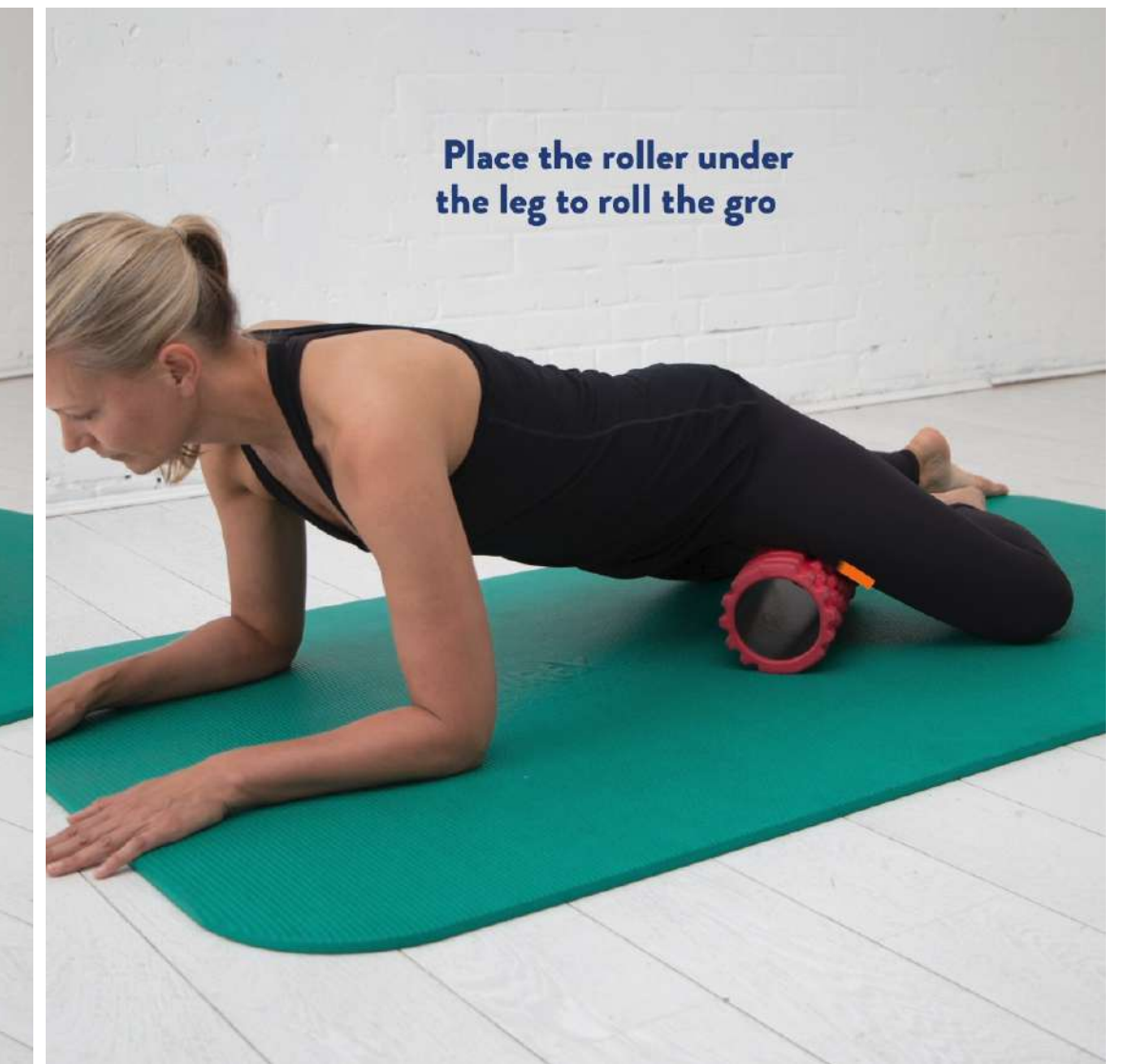
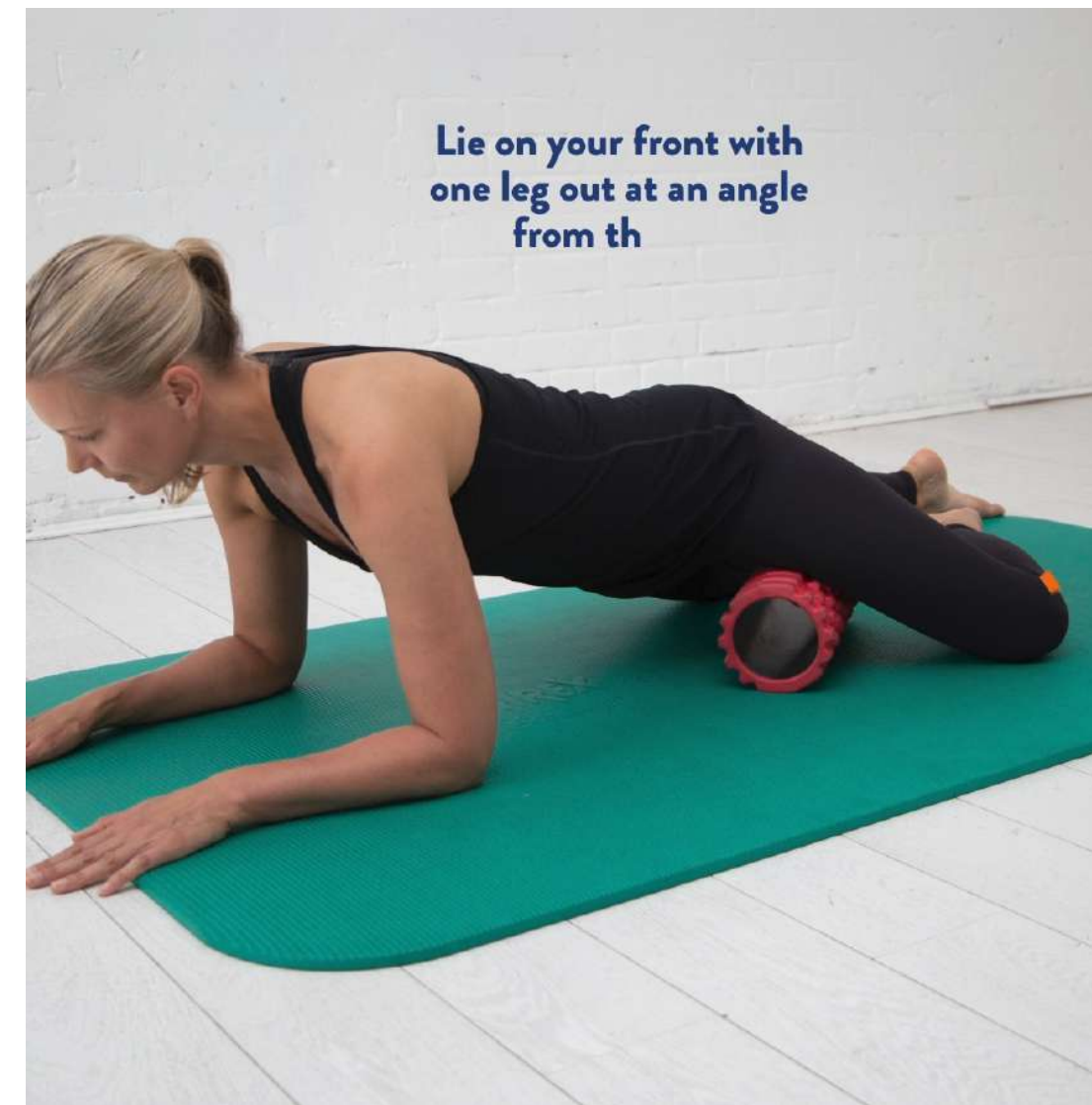


GROIN STRETCH

Lie on your front with one leg out at an angle from the hip.

Place the roller under the leg to roll the groin.

Use your upper body to roll back and forth.

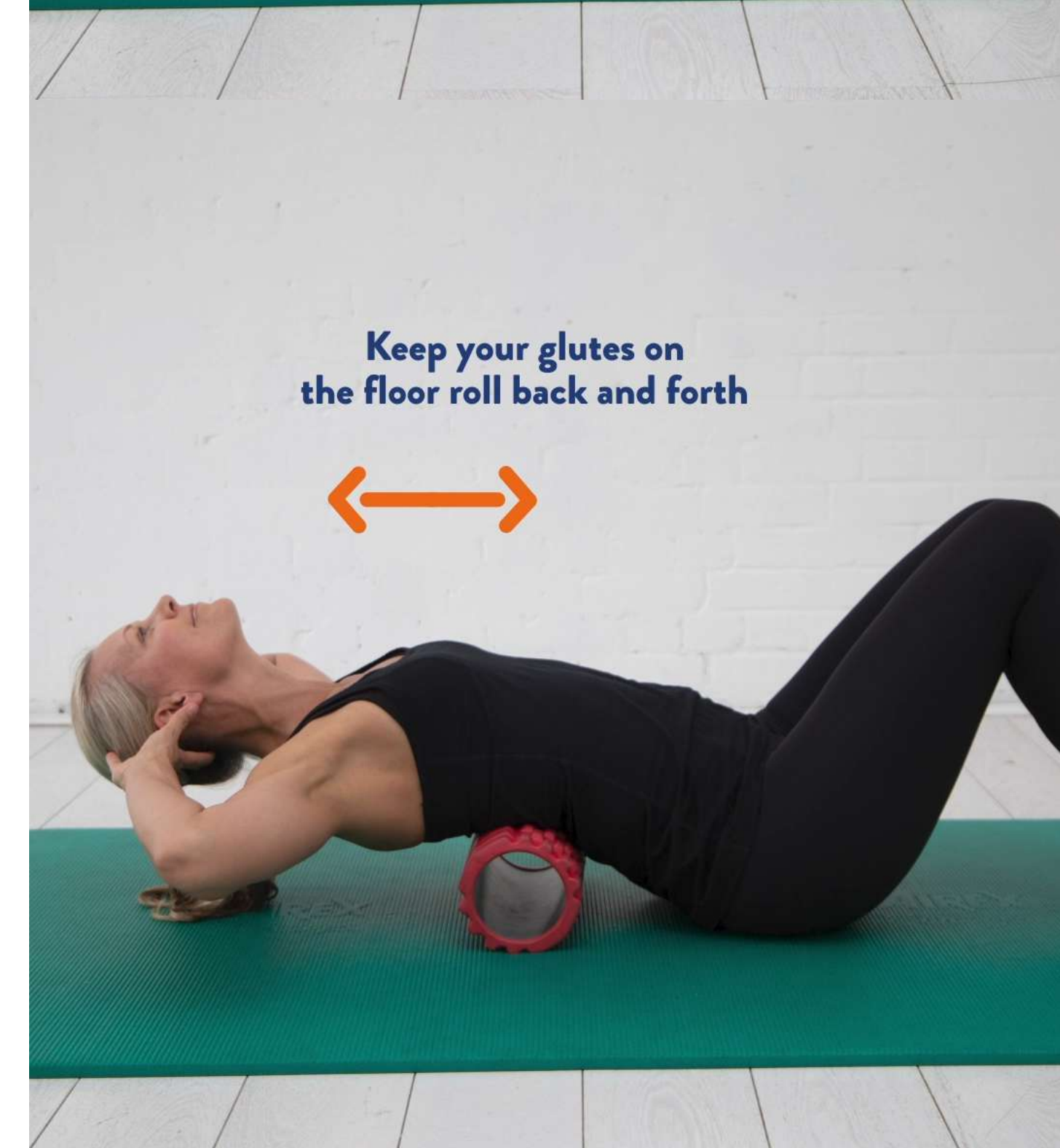


MID SPINE STRETCH

Place the roller behind you around where your mid spine is.

Place your hands by your ears and keep your elbows back too to really open up the chest, breathe deeply, move the roller up and down or just keep it static and feel your chest open

Keep your glutes on the floor.

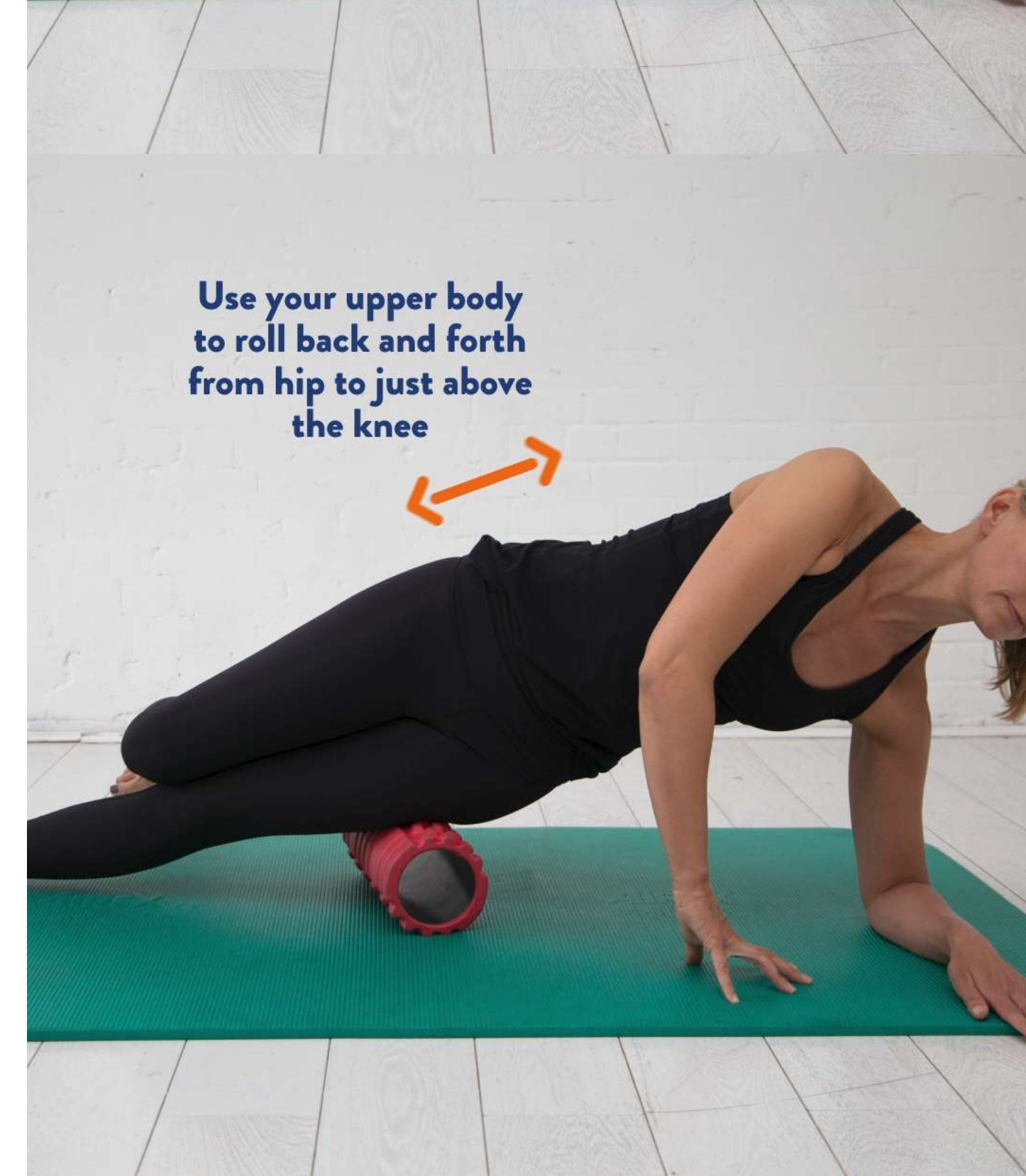


ITB STRETCH

Lie on one side leaning on your elbow.

Place the roller by the hip and bend the top leg off the floor.

Use your upper body to roll back and forth from the hip down to just above the knee joint.



SHIN STRETCH

Coming into all fours with weight through straight arms and hands on mat.

Place the roller under your shins and roll back and forth.

Remember to keep a good posture through the rest of your body and keep your abs activated.

