

TENNIS AT HOME

Yoga Poses



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.

CHILD'S POSE

Step 1: Kneel on the floor. Touch your big toes together and sit on your heels, then separate your knees about as wide as your hips.

Step 2: Exhale and lay your torso down between your thighs. Broaden your sacrum across the back of your pelvis and narrow your hip points toward the navel, so that they nestle down onto the inner thighs. Lengthen your tailbone away from the back of the pelvis while you lift the base of your skull away from the back of your neck.

Step 3: Lay your hands on the floor alongside your torso, palms up, and release the fronts of your shoulders toward the floor. Feel how the weight of the front shoulders pulls the shoulder blades wide across your back.

Step 4: Child's pose is a resting pose. Stay anywhere from 30 seconds to a few minutes.

Sit on your heels,
separating your knees
hips-width apart



Bring your
palms down to the floor,
feeling the stretch in your
shoulder blades



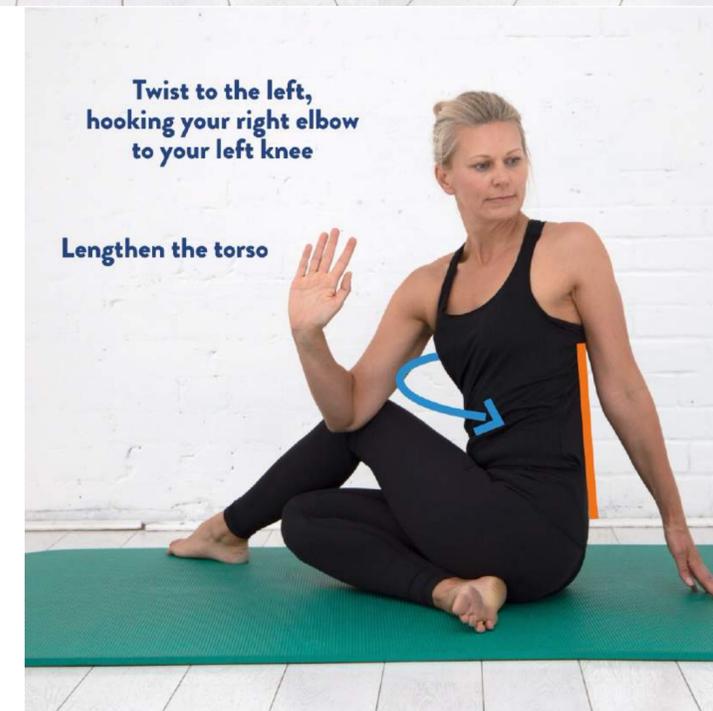
SEATED TWIST

Step 1: Sit on the floor with your legs bent. Slide your left foot under your right leg to the outside of your right hip. Lay the outside of the left leg on the floor. Step the right foot over the left leg and stand it on the floor outside your left hip.

Step 2: Exhale and twist toward the inside of the right thigh. Press the right hand against the floor just behind your right buttock, and set your left upper arm on the outside of your right thigh near the knee. Pull your front torso and inner right thigh snugly together.

Step 3: Press the inner right foot actively into the floor, release the right groin, and lengthen the front torso. Lean the upper torso back slightly, against the shoulder blades, and continue to lengthen the tailbone into the floor.

Step 4: You can turn your head in one of two directions: Continue the twist of the torso by turning it to the right; or counter the twist of the torso by turning it left and looking over the left shoulder at the right.



WARRIOR I

Step 1: Stand in Mountain Pose. With an exhale, step or lightly jump your feet 3½ to 4ft apart. Raise your arms perpendicular to the floor (and parallel to each other), and reach actively through the little-finger sides of the hands toward the ceiling.

Step 2: Turn your left foot in 45 to 60 degrees to the right and your right foot out 90 degrees to the right. Align the right heel with the left heel. Exhale and rotate your torso to the right, squaring the front of your pelvis as much as possible with the front edge of your mat. As the left hip point turns forward, press the head of the left femur back to ground the heel.

Step 3: With your left heel firmly anchored to the floor, exhale and bend your right knee over the right ankle so the shin is perpendicular to the floor.

Step 4: Reach strongly through your arms, lifting the ribcage away from the pelvis. As you ground down through the back foot, feel a lift that runs up the back leg, across the belly and chest, and up into the arms. If possible, bring the palms together. Spread the palms against each other and reach a little higher through the pinky-sides of the hands.



WARRIOR II

Step 1: Stand in Mountain Pose. With an exhalation, step or lightly jump your feet 3 1/2 to 4 feet apart. Raise your arms parallel to the floor and reach them actively out to the sides, shoulder blades wide, palms down.

Step 2: Turn your right foot slightly to the right and your left foot out to the left 90 degrees. Align the left heel with the right heel. Firm your thighs and turn your left thigh outward so that the centre of the left knee cap is in line with the centre of the left ankle.

Step 3: Exhale and bend your left knee over the left ankle, so that the shin is perpendicular to the floor. If possible, bring the left thigh parallel to the floor. Anchor this movement of the left knee by strengthening the right leg and pressing the outer right heel firmly to the floor.

Step 4: Stretch the arms away from the space between the shoulder blades, parallel to the floor. Don't lean the torso over the left thigh: Keep the sides of the torso equally long and the shoulders directly over the pelvis. Press the tailbone slightly toward the pubis. Turn the head to the left and look out over the fingers.

Place your feet
hip-width apart



Fold forward and
take your hands to
the ground



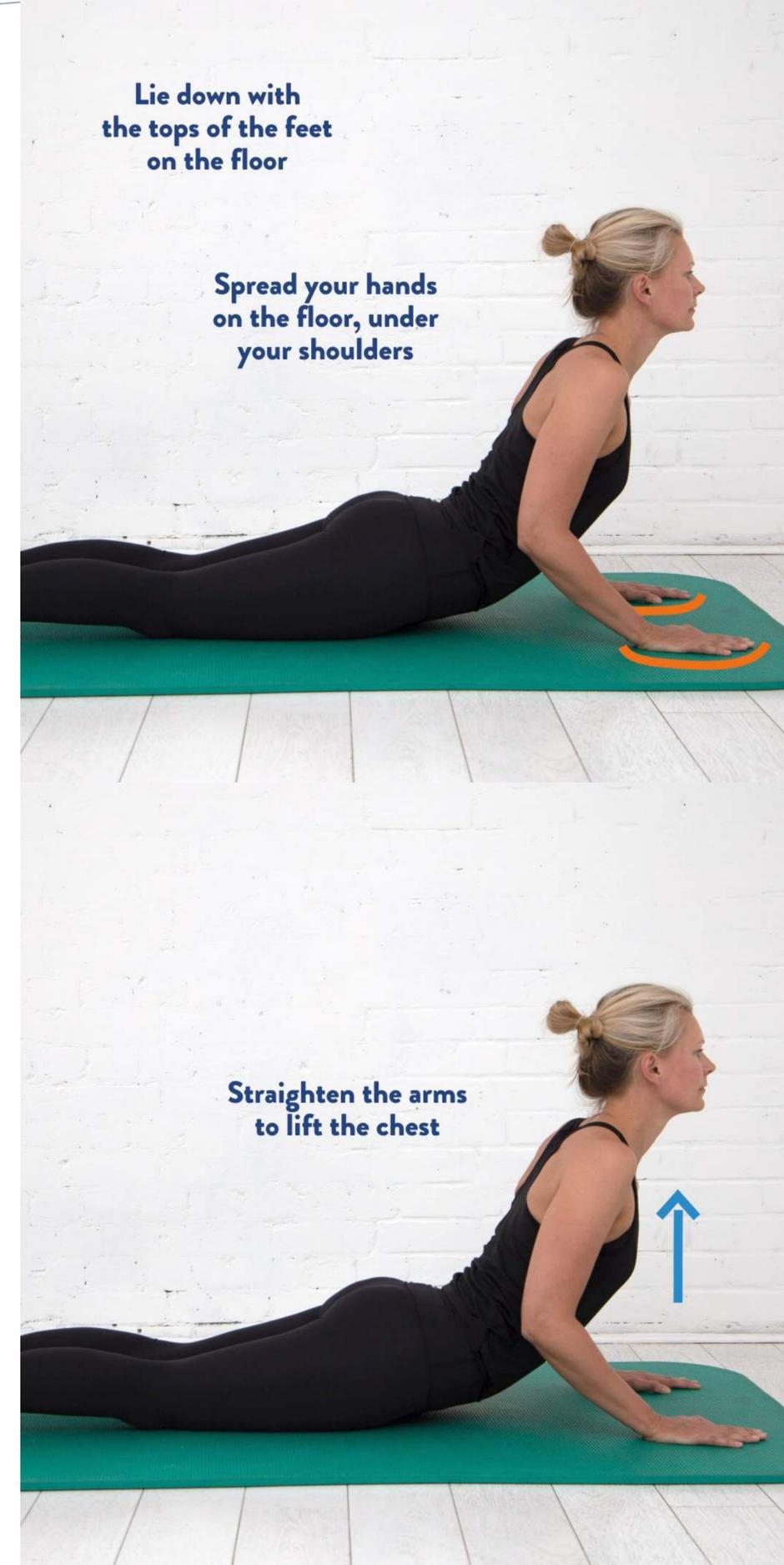
COBRA

Step 1: Lie prone on the floor. Stretch your legs back, tops of the feet on the floor. Spread your hands on the floor under your shoulders. Hug the elbows back into your body.

Step 2: Press the tops of the feet and thighs and the pubis firmly into the floor.

Step 3: On an inhalation, begin to straighten the arms to lift the chest off the floor, going only to the height at which you can maintain a connection through your pubis to your legs. Press the tailbone toward the pubis and lift the pubis toward the navel. Narrow the hip points. Firm but don't harden the buttocks.

Step 4: Firm the shoulder blades against the back, puffing the side ribs forward. Lift through the top of the sternum but avoid pushing the front ribs forward, which only hardens the lower back. Distribute the backbend evenly throughout the entire spine.



SIDE ANGLE

Step 1: Stand in Mountain pose. With an exhalation, step or lightly jump your feet 3½ to 4 feet apart. Raise your arms parallel to the floor and reach them actively out to the sides, shoulder blades wide, palms down. Turn your left foot in 45 to 60 degrees to the right and your right foot out to the right 90 degrees. Align the right heel with the left heel. Firm your thighs and turn your right thigh outward, so that the centre of the right kneecap is in line with the centre of the right ankle.

Step 2: With an exhalation, turn your torso to the right, and square your hip points as much as possible with the front edge of your sticky mat. As you bring the left hip around to the right, resist the head

Step 3: With another exhalation, turn your torso further to the right and lean forward over the front leg. Reach your left hand down, either to the floor (inside or outside the foot) or, if the floor is too far away, onto a block positioned against your inner right foot. Allow the left hip to drop slightly toward the floor. You may feel the right hip slip out to the side and lift up toward the shoulder and the torso hunch over the front leg. To counteract this, press the outer right thigh actively to the left and release the right hip away from the right shoulder.

