



PREVENTING TENNIS ELBOW: SIMPLE MEASURES FOR A PAIN-FREE GAME

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DOI: 10.5281/zenodo.14810653

Tennis elbow, a common affliction among sports enthusiasts and commoners can be a major setback for all. However, with the right preventive measures, you can reduce your risk and enjoy an injury-free game.

The Importance of Prevention

Tennis elbow's unpredictable nature makes prevention crucial. While treatment options are available, preventing the condition altogether is ideal. By taking proactive steps, players can avoid the discomfort, pain, and potential long-term damage associated with tennis elbow.

Targeted Exercises and Stretches

Targeted exercises and stretches are essential in preventing tennis elbow. Strengthening extension, flexion, and rotational movements greatly reduce risk. These exercises improve forearm, wrist, and elbow strength, enhancing overall stability.

Proper Equipment Fit and Technique

Proper equipment fit and technique adjustments also play vital roles in prevention. Ensure your grip size and racket weight are suitable for your playing style. Additionally, focus on proper serving, forehand, and backhand techniques to minimize strain.

Beyond Tennis: Prevention for All

Prevention extends beyond tennis or sports. Household ladies often face challenges, as diagnosis typically precedes treatment. Simple adjustments, however, can make a difference. Adjusting the heights of kitchen slabs to one's height or even personalised kitchen tools to one's physical activity is advisable. IT professionals can benefit from positioning their mouse and keyboard closer to their body, while everyone can reduce strain by keeping frequently used items within easy reach. Treatments are always personalised and individualised. It's never the same for X and Y.

Cultural Influence on Prevention

Interestingly, cultural gestures also influence prevention. Indian culture promotes gestures like folded hands, and keeping hands close to the body, whereas Western traditions involve extending hands away from the body. Embracing cultural heritage and blending it with ergonomic practices can help mitigate the risk of tennis elbow and other repetitive strain injuries.

Benefits of Prevention

By adopting these preventive measures, individuals can:

- Reduce the risk of tennis elbow and repetitive strain injuries
- Promote a pain-free life
- Enhance overall well-being
- Improve performance and productivity

- Enjoy an active, healthy lifestyle

Conclusion

Preventing tennis elbow requires a proactive approach. Individuals can significantly reduce their risk by incorporating targeted exercises, proper equipment fit, and technique adjustments. Embracing cultural heritage and ergonomic practices further enhances prevention. Take control of your health and enjoy a pain-free game.

