Gardner Sports Physical Therapy

TENNIS PERFORMANCE MOBILITY EXERCISES



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THANK YOU

I wanted to say thank you for signing up for my E-book. There are many choices out there when it comes to fitness, rehabilitation, and sports training. I strive to be one of the most up-to-date, practical, and effective resources when it comes to information regarding tennis performance and recovery. Please use this information to better your performance and health on and off the court.



If you are interested in learning more about the latest training, recovery, and nutrition techniques used by the top athletes in tennis, please check out my FREE Facebook Group titled Tennis Performance Academy at www.facebook.com/groups/tennisperformanceacademy.

HEALTH ADVICE DISCLAIMER

I make every effort to ensure that I accurately represent the exercise and injury advice presented in the following e-book.

However, these exercises and information provided are based on typical presentations that I commonly see when working with my athletes.

The information given is not intended as representation of individualized guidance for injury recovery. As with any injury, each person's symptoms can vary widely and each person's recovery from injury can also vary depending upon a variety of factors including genetics, previous medical history, current health status, diet, posture, understanding of exercises, application of exercises, motivation to follow through, and other factors not listed.

The information presented in this book is intended to serve as exercises that can enhance performance potential on the court while reducing injury risk at the same time.

If you are currently struggling with pain or injury, it is highly advisable to seek an individualized examination to get a thorough and complete diagnosis and prognosis for you personally at Gardner Sports Physical Therapy or other qualified health providers. If you choose to perform these exercises in a state of pain or injury, you are choosing to assume risks associated with performing exercises while in an injured state (including but not limited to worsening of injury, increased pain, etc.). If the exercises do worsen your pain, please stop and email me at bret@gardnersportspt.com so I can help problem solve your issues.

No guarantee of specific results are expressly made or implied in this e-book.

UNLEASH YOUR POTENTIAL

Tennis is a unique sport that maximizes the use of your hips, spine, and shoulder at the ends of their range of motion.

If you lack the mobility to reach end range, you are missing out on power, accuracy, and fluidity on the court.

Worse yet, range of motion and mobility limitations can place increased stress at different joints leading to an increased risk for injury. For example, decreased mobility in the mid-back (thoracic spine) can cause increased demand in the shoulder leading to possible rotator cuff or low back injuries.

Thus, I created this book for you to not only enhance your performance on court, but increase the longevity of your performance on and off the court.



BEFORE YOU BEGIN

I've been there before. Ain't nobody got time for stretches and mobility drills.

In fact, I would just walk on the court during high school and start ripping serves like I had been playing for the last hour.

I had no clue how my game would change by spending a little bit of time keeping my joints mobile and ready to play.

But I get it, time is a precious resource.

Especially if you're a Mom or Dad who are trying to enjoy their few hours of weekly freedom and stress relief on the court. Or maybe you're a coach who is just tired of hitting the 1000th ball of the day and want to focus on something non-tennis related. Or maybe you're a student who is barely finding the time to fit in schoolwork, let alone follow "optimal recovery strategies".

Let's face it. Life isn't optimal. BUT, sometimes all you need is 10 minutes.

That's why I created this book. 5 mobility drills to improve your game in 10 minutes.

10 minutes a day for 5 days in the week is like 2 episodes of the Office on Netflix.

If you've got time for Jim and Dwight's antics on repeat, you've got time to improve your game.

It's time to get started.

MONSTER FOREHANDS

Your hips are the powerhouse behind your groundstrokes and serve.

For performance: This mobility exercise is great to improve the ability to power through your forehands and backhands.

For pain or tightness: If you have ever felt pain/tightness in your low back, hip, or knee, this mobility exercise is great to help provide some relief.



Step 1: Start the hip flexor mobility drill in a half kneeling position

Step 2: Squeeze your butt muscles while tilting your pelvis (a sort of tucking motion) while driving your hip forward and raising your arm up overhead. You should feel a stretch in your thigh, hip, and/or stomach. Be careful not to extend your lower back as the drill will not be as effective.



Perform for 10 repetitions with 10 second holds. Perform 5 days/week.

MONSTER FOREHANDS

Your spine is the ”core” of every shot. Rotation at the lower back is maximized during a forehand.

For performance: Without mobility, your forehand may be missing out on power and control.

For pain or tightness: If you have ever felt pain in your back (lower or mid), groin, or glutes, this mobility exercise is great to help provide some relief.



Step 1: Start the low back mobility drill lying on your back and performing a straight leg raise

Step 2: Allow your raised leg to cross over your body and fall to the side with control. At the same time, try to maintain contact with the ground with your upper body to feel the rotational stretch. You should feel this stretch in your butt muscles/hip, sacroiliac joint (dimple area of the low back), and in your lower to mid back.



Perform for 6 repetitions with 10 second holds each side. Perform 5 days/week.

KILLER SERVES

Without mid back mobility, your shoulder will have to pick up the slack during the serve.

For performance: By increasing the ability to extend through your upper back, you can add more room for power development and accuracy on your serve.

For pain or tightness: If you have ever felt pain in your back (lower or mid), shoulder, or lower neck, this mobility exercise is great to help provide some relief.



Step 1: Start in a child's pose position with a foam roller while driving your chest towards the ground and your hips back.



Step 2: As you are driving your chest towards the ground and hips back, slowly lift one hand off the foam roller using your lower trapezius muscles (see arrow) in a scooping motion to activate your upper back stabilizing muscles.

Perform for 12 repetitions with 3 second holds each side. Perform 5 days/week.

KILLER SERVES

With limited overhead mobility, you are missing out on power and force development during your serves and overheads.

For performance: Enhancing the stability of the shoulder blade muscles while improving shoulder flexion/overhead mobility increases much more potential to develop power.

For pain or tightness: If you have ever felt pain in your shoulder blade, front shoulder, or neck, this mobility exercise is great to help provide some relief.



Step 1: Start with your back up against the wall while trying to maintain contact with your sacrum (tailbone), mid back, and head. There should only be about 1 fingerwidth between the wall and your lumbar spine. If more than that, try to tuck your pelvis to flatten your lower back against the wall.



Step 2: Slide your arms up the wall while maintaining all points of contact with your spine and maintaining contact with your arms. The mobility drill is intended to stretch your chest while activating your upper back stabilizing muscles.

Perform for 12 reps of 5 second holds. Perform 5 days/week.

ROCK SOLID VOLLEYS

Hitting powerful volleys and solid one hand-backhands relies heavily on getting your wrist into a strong, extended position.

For performance: Reducing the strain from wrist flexors allows the wrist extensors to get into an extended position quicker.

For pain: If you have ever felt pain in your shoulder, elbow, or wrist, this mobility exercise is great to help provide some relief. In fact, this is one of my favorite mobility drills for tennis elbow.



Step 1: Start in an all fours position with your palms down and your fingers pointed towards your thighs.



Step 2: Slowly rock your hips back towards your heels to feel a stretch in your wrist flexors. You do not need to move far to feel a strong stretch. This mobility drill is intended to improve wrist flexor mobility which will allow you to hold your racket in a solid wrist extended position and reduce the risk for tennis elbow.

Perform for 12 repetitions with 3 second holds each side. Perform 5 days/week.

DON'T FORGET!

Please check out my FREE Facebook Group titled Tennis Performance Academy at www.facebook.com/groups/tennisperformanceacademy.



I would love to have you join my community of like minded tennis athletes and coaches who want to maximize their potential on and off the court through fitness, recovery techniques, and nutrition.