

TENNIS AT HOME:
Tennis Ball Physio.



INTRODUCTION

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

Using nothing more than a tennis ball, the series will help tackle the day-to-day gripes that our bodies might be encountering in our new daily routines.

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.

PAIN IN THE FOOT?

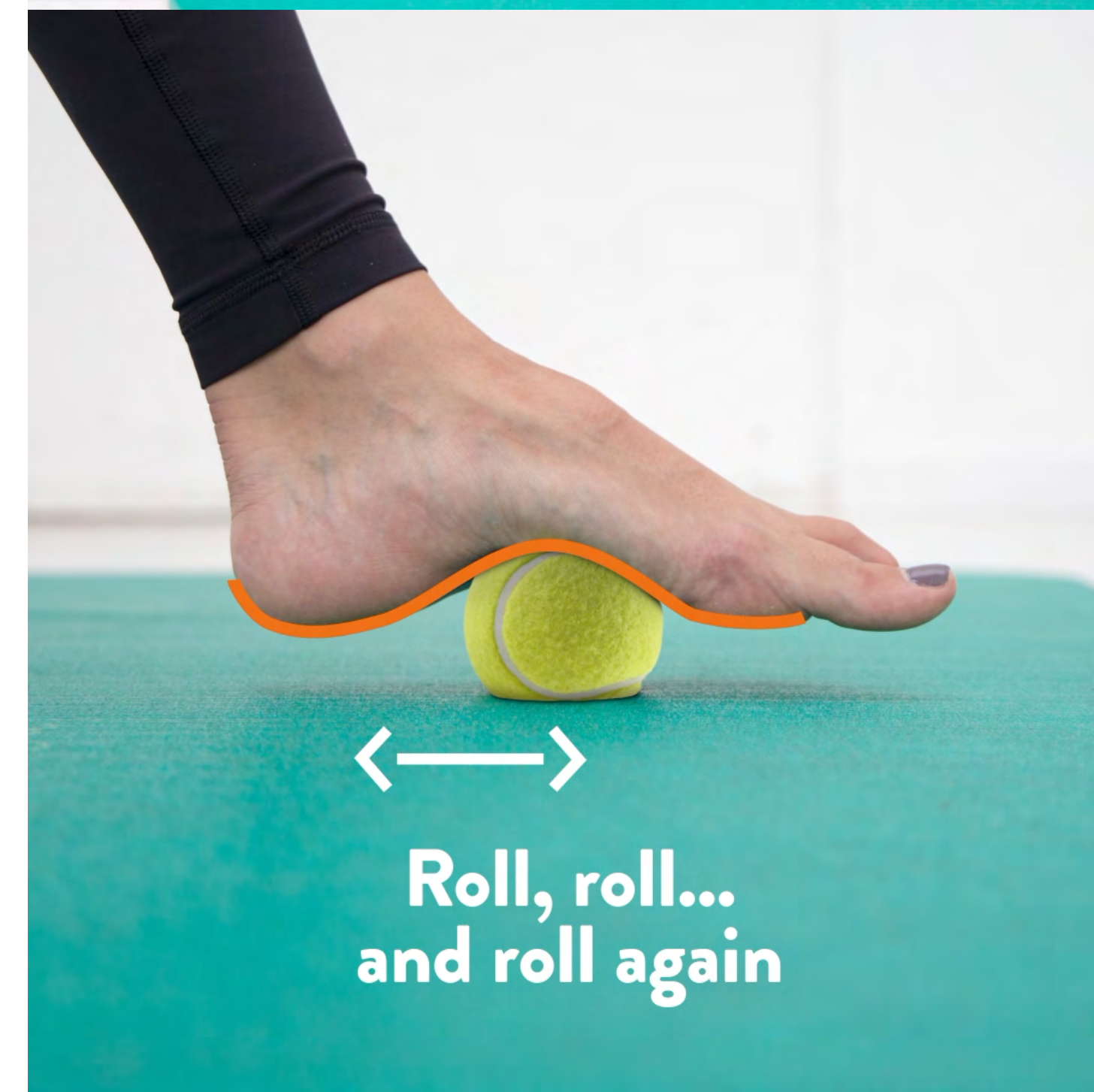
Trigger point release exercises are a wonderful way to help release tight, knotted up muscles. They can be done to release muscles before your workout, at the end of the workout, or in between workouts.

Feet

Plantar fasciitis is where you have pain on the bottom of your foot, around your heel and arch, often experienced after bouts of new 'impact' exercise such as running. You can easily ease the discomfort with regular stretching exercises...

Sitting on a chair or standing, if preferred.

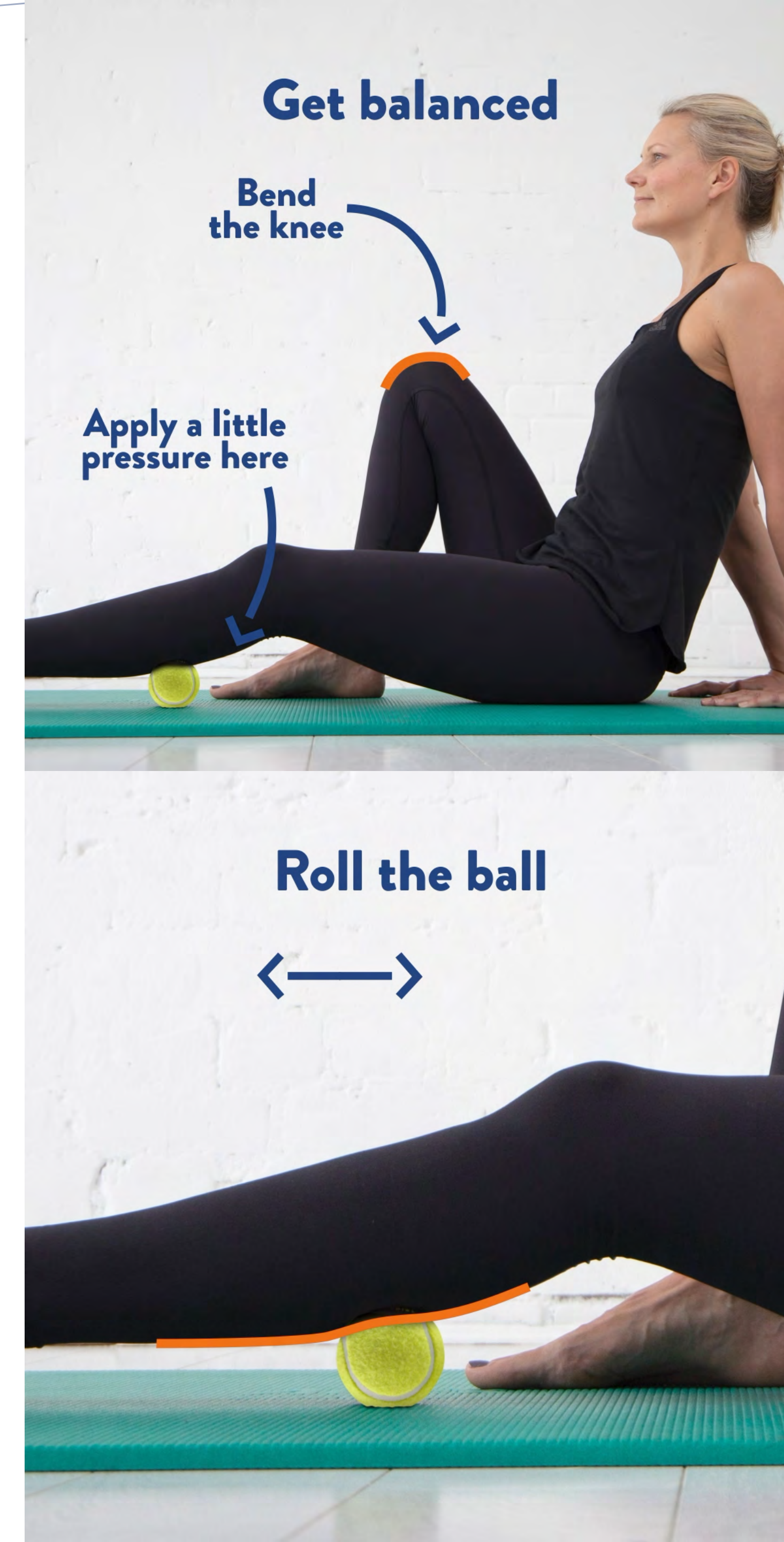
Roll a tennis ball back and forth on the base of the foot.



CALVES FEELING THE PRESSURE?

Calves

Alleviate the pressure of tight calf muscles with this simple 'gastroc' exercise with your tennis ball. Place the ball on a point on the calf. Bend the opposite leg and allow some weight to move on to the ball and roll it up and down the calf.



SWITCH TO SHINS

Shins

And not forgetting the front of your lower legs. This is quite a painful one so take this gently to keep lower legs stretched and mobile. Sit on knees and place ball under one shin. Use arms to control weight through the leg.



TENSION IN THE GLUTES?

Glutes

If you've taken up running or jogging as your daily exercise of choice, your glutes are an important muscle group to look after. They help hip extension, which is the motion that drives you forward, and helps to stabilise your pelvis – crucial to staying upright as you move forward!

Sit the ball under the left glute. Place the left foot onto the opposite leg – forming a figure of 4.

Or lie on your side with the ball on the side of the glute, just behind the bony hip joint.



HAMPERED BY YOUR HAMSTRING?

Hamstrings

You might find you have overstretched or pushed hard on muscles by taking up home workouts or a new form of at-home exercise and hamstring pulls are a common 'overuse' 'niggle'. To keep them gently mobile, sit on a chair and place the tennis ball under the top leg. Extend and flex the leg.

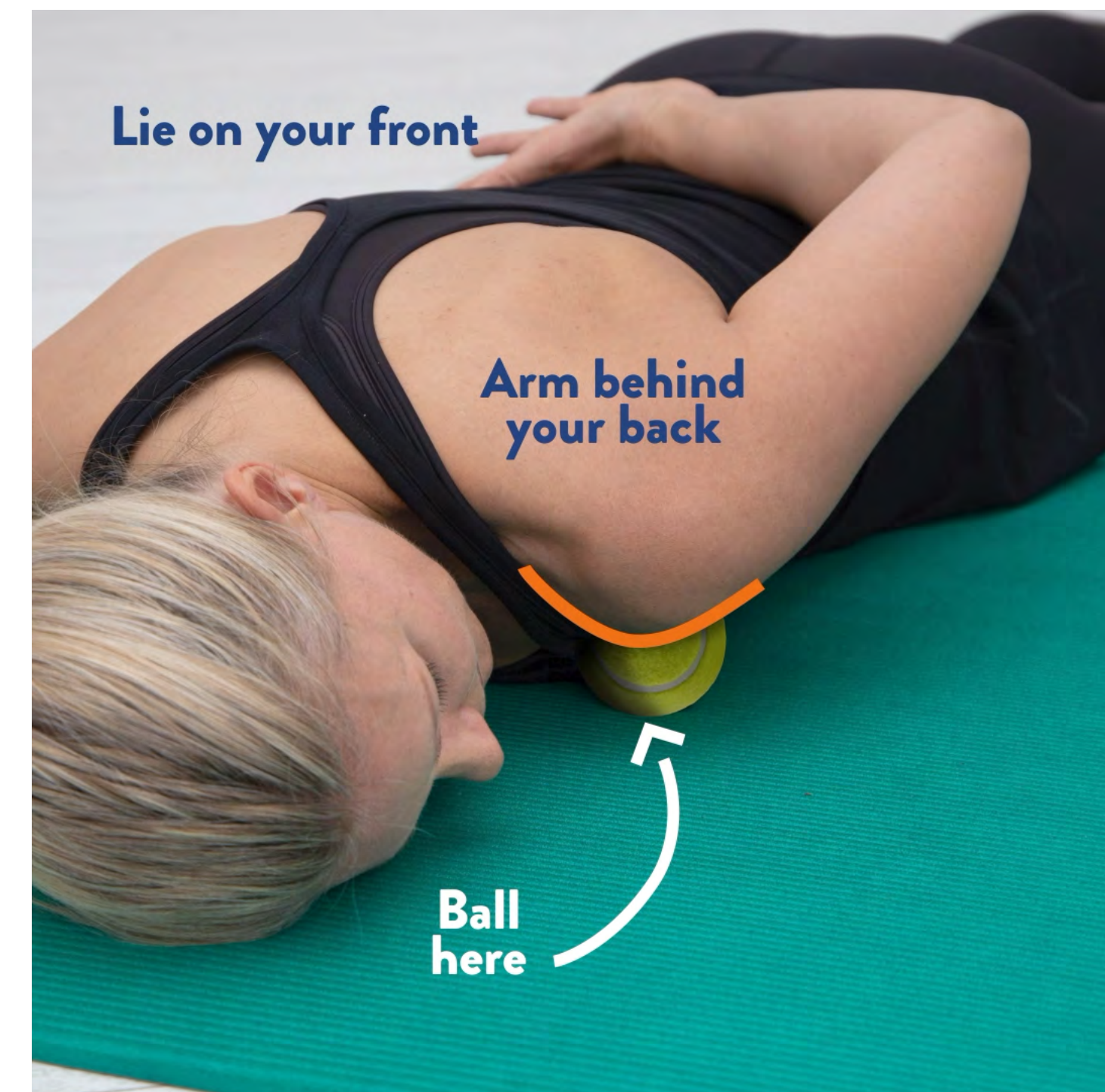


KEEP YOUR PECS IN CHECK

Gentle stretching of the front pectoral muscles and posterior shoulder can ease tense shoulders and improve posture

Pecs

Lie on your front. Place the ball on a trigger point on the pecs. Place that arm behind back with a hand resting on the base of the back.



DON'T SHOULDER THE PAIN

Posterior shoulder

Lie on back and place ball
behind the shoulder on a sensitive area

