

TENNIS AT HOME

Seated Yoga



TENNIS
FOR BRITAIN

INTRODUCTION

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

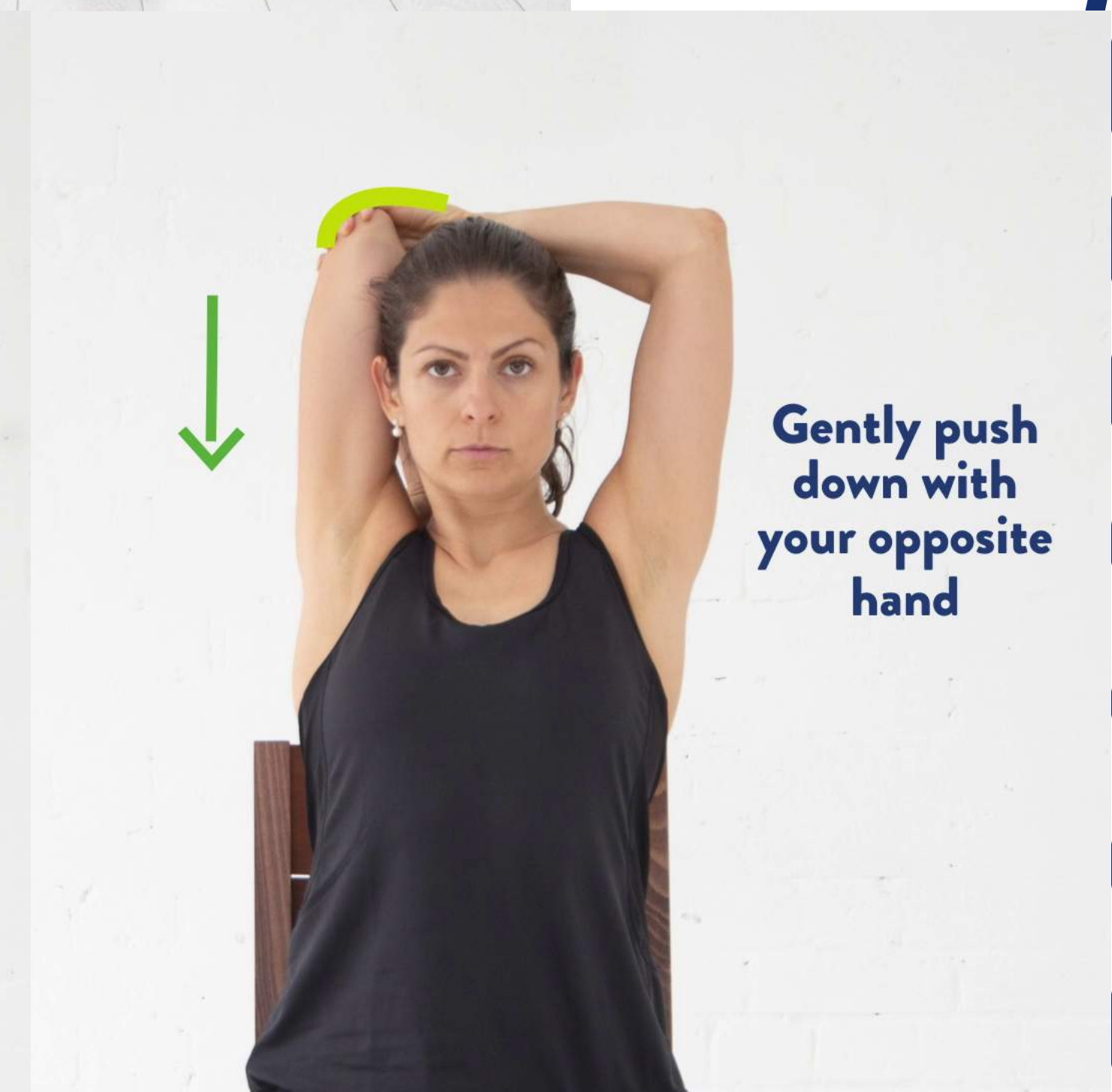
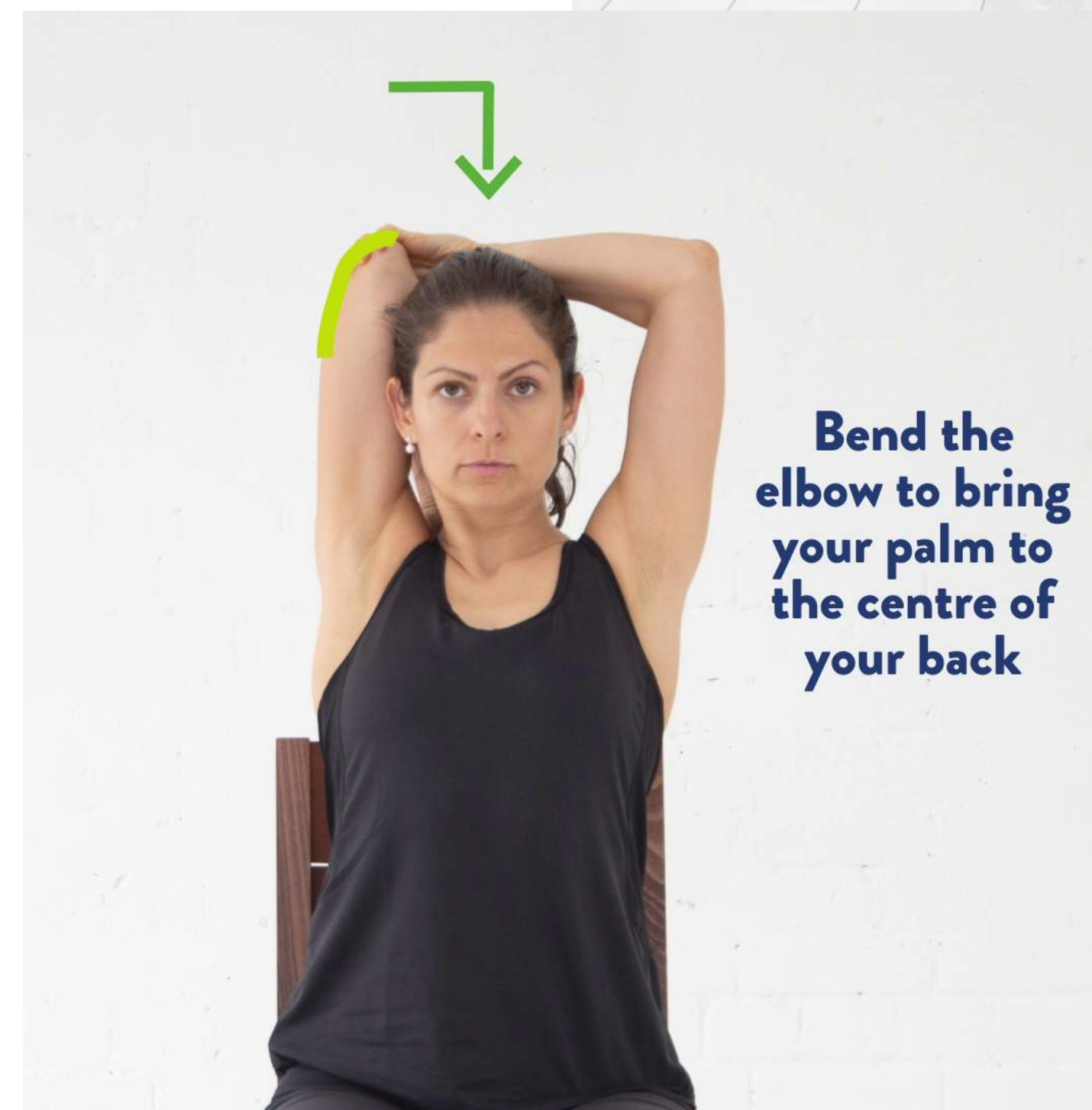
Anna works in the LTA's Performance Team providing support and guidance to pro UK tennis players, both at home and on the Tour. Everyone, including pro tennis players, are working from home in home office set-ups, exercising differently, maybe even taking up new exercise habits like running, based on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

TRICEP STRETCH

Lift your shoulders up towards your ears and then draw them down again and back
Extend your right arm to the ceiling, then bend at the elbow to bring the right palm towards the centre of your back, resting your middle finger along your spine

Use your left hand to gently push your elbow in toward the centre and down

Hold this stretch for 30 sec. Switch sides.



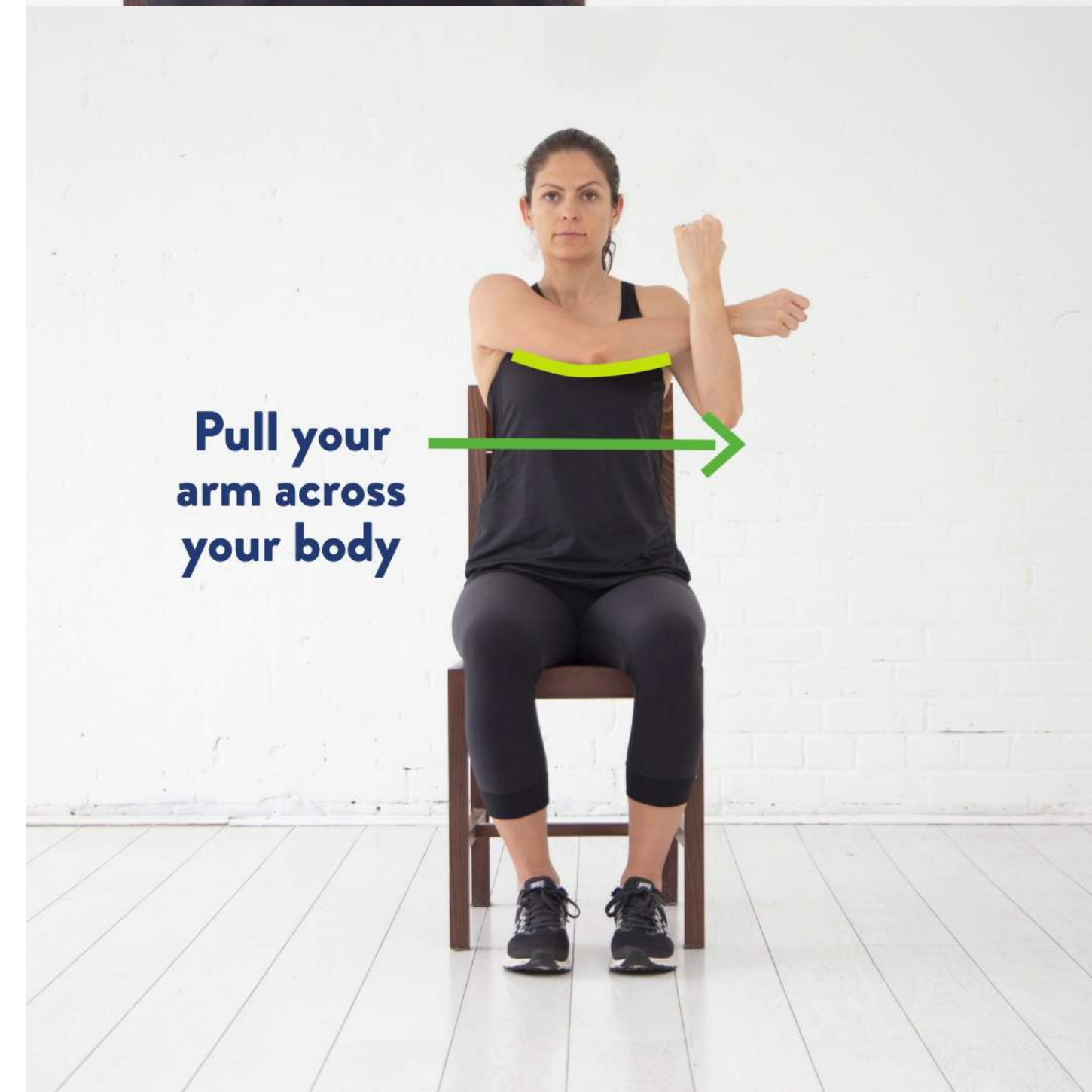
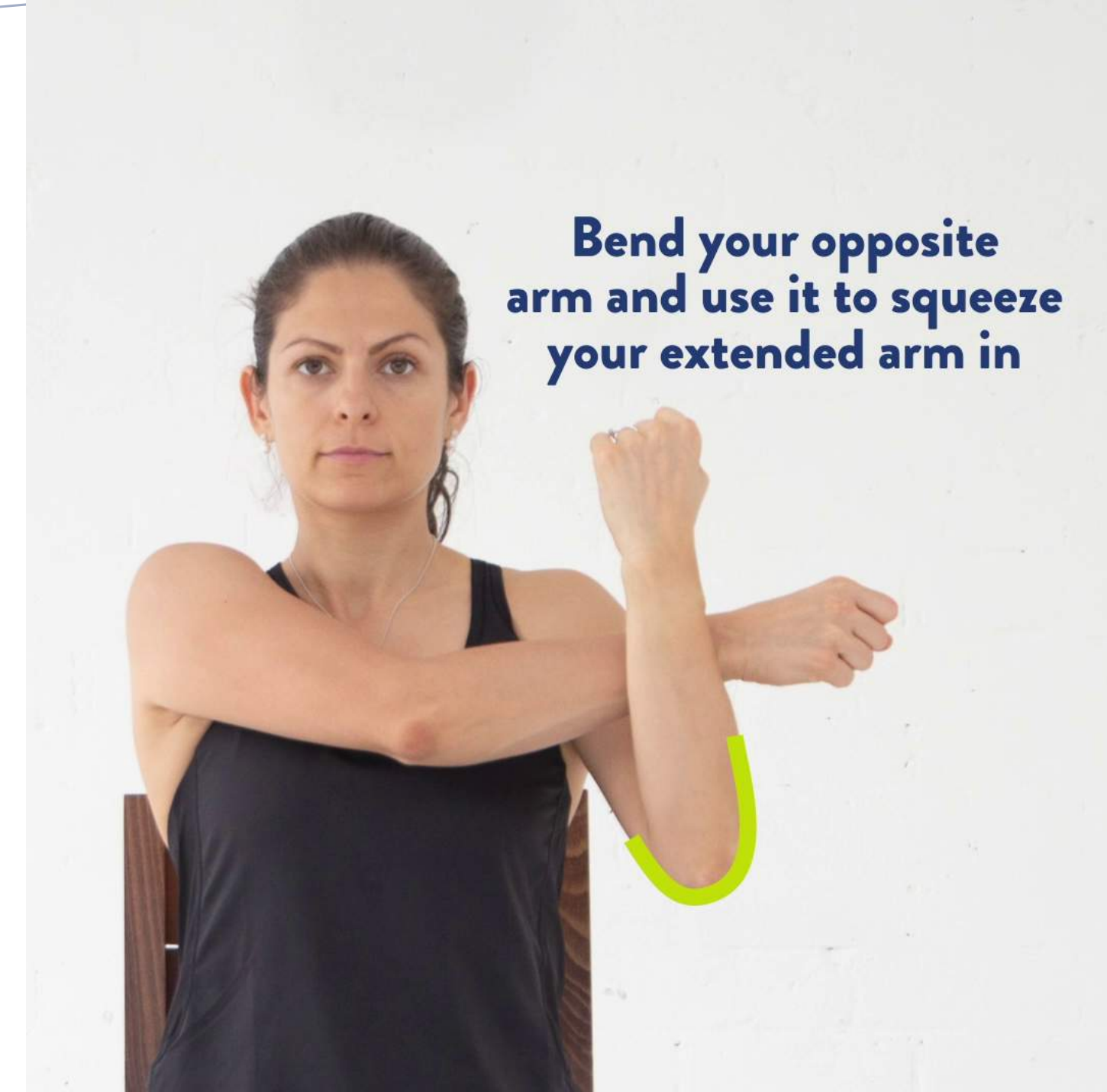
CROSSBODY STRETCH

Sit up tall.

Take right arm at shoulder height across the body.

Bend the left arm and use it to push the right arm closer to your body.

Switch sides.

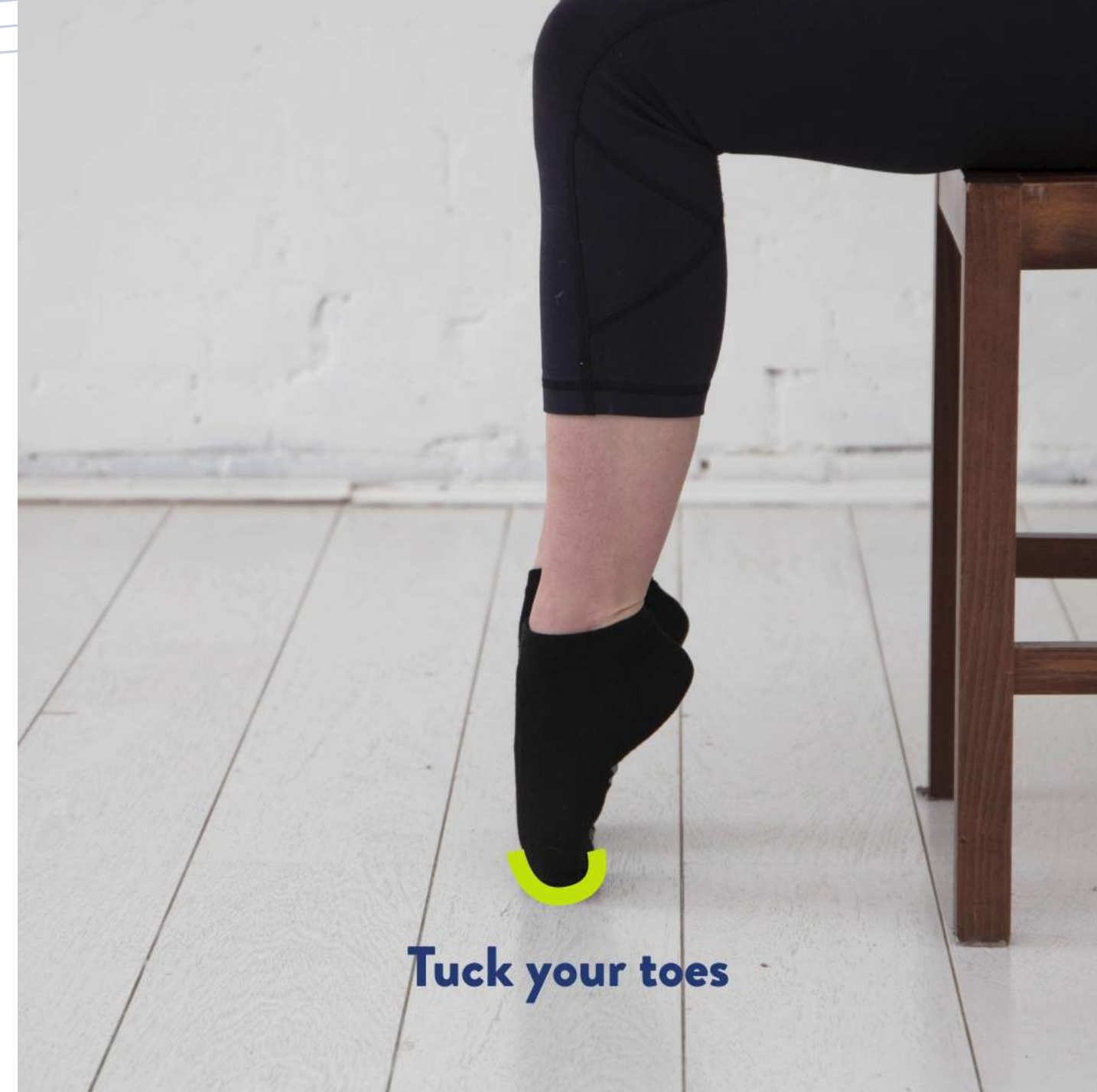


TOE AND CALF STRETCH

Toe stretch (heel up)
Calf stretch (toes up)

It is really important
to remember your feet.

Tuck your toes under and push your ankle
forward then move onto your heel and
stretch the toes up and open up the
space between each toe.



HIP OPENER

Place your right foot on your left knee
Sit tall.

Use your right hand to push your right leg down

Do not push too hard.

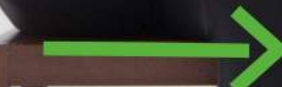
Keep both pelvic bones touching the chair.

Switch sides.

Apply light
pressure to
the knee with
your hand



Place your
foot on your
opposite knee



LEVATOR & TRAPS

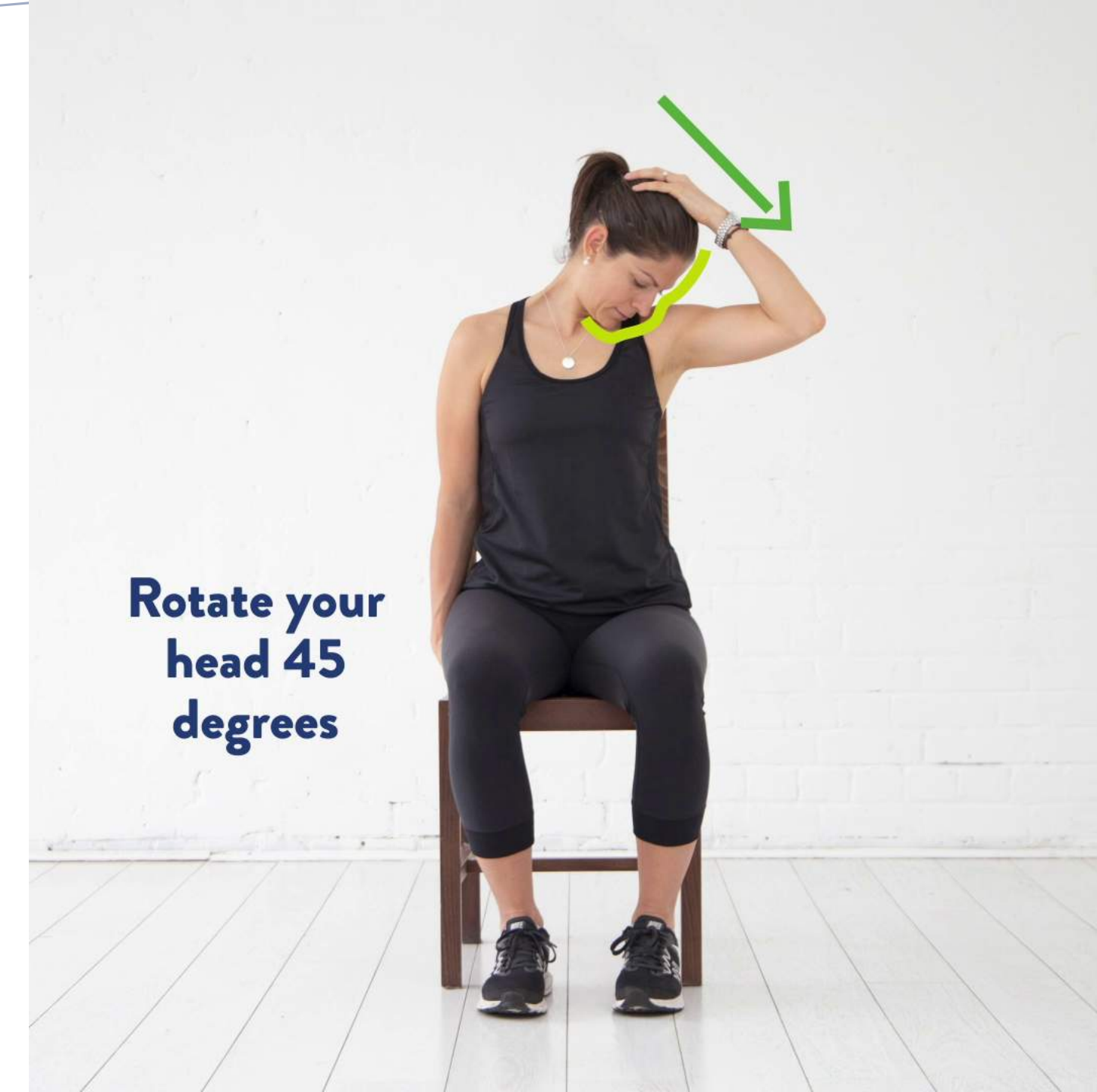
Sit up straight with both hands at the sides.

Rotate the head to the left about 45 degrees.

Tilt the chin downward until a good stretch is felt on the back right side of the neck

To increase the stretch further, the left hand can be brought up to the back of the head to gently pull down a little more

Then take the left ear to the left shoulder and hold this stretch



SPINE TWIST

Cross right leg over left.

Twist from your waist round to the right.

Use your left hand to push against your right knee and increase the rotation.

Look over your right shoulder

Cross one leg over the other



Twist your waist to one side



Use your opposite hand to push against your knee



Look over your shoulder to deepen the twist

