

Badminton Ladder

This is for tennis elbow and shoulder injuries. Work with a willing partner for 5 minutes at each step, but start each training session from the beginning. Stop at the first sign of pain, but continue if the pain settles within 20 seconds. Otherwise stop, wait 24 hours then repeat from the first step. Concentrate grip on third, fourth and fifth fingers; relax second finger and thumb.

11	Fit again. Play at normal grade.
10	Start play. Begin with low grade matches.
9	Backhand smash. Build to backhand smash. Check technique with coach.
8	Clears to smash. Gradually build clears into smash. Point non-racket hand at shuttlecock as this ensures side-on position. Focus on grip technique. Go for rhythm rather than power in early stages.
7	Backhand cross-court. As for step 6 but on backhand.
6	Backhand drive. Hit stright drive to opponents forehand, opponent hits straight forehand drive. Repeat. Ensure that grip is relaxed.
5	Forehand cross-court. Play forehand drive, opponent plays backhand drive, play fore-hand cross-court, opponent hits forehand cross-court return. Play forehand drive. Repeat the routine.
4	Clearing/drop shot. Opponent hits high underhand clearance, you hit long overhead clearance, opponent plays overhead drop shot hit high, you hit underhand clearance to partner. Repeat the routine.
3	Drives. Hit forehand drive opponent hits backhand drive. Concentrate grip as in introduction.
2	Clears. Practise with a partner, hit long overhead clearances deep to back of partners court. Partner returns, repeat. Ensure sideon position and stroke shuttlecock away.
1	Serves. These are not affected so much by tennis elbow, so this vital element of the game can be practised early on. Backhand return may be more troublesome.