

Tennis Wrist Injuries

Tennis wrist is caused by impingement at the base of the 2nd and 3rd metacarpals with a full Western grip (Fig. 6), where the very open hand grip takes all the impact of forehand tennis shots over this area. The grip must be weakened to a semi-Western grip style (Fig. 5).



Fig. 4 Standard Grip



Fig. 5 Semi-Western Grip



Fig. 6 Western Grip