

Tennis Ladder

This is good for tennis elbow, which is mainly suffered by those using the standard grip and single backhand. Semi-Western or Western grip is not often a cause of tennis elbow (see Figs 5-6). If it is, there may be too tight a grip with thumb and second finger. Semi-Western grip is most likely to cause golfer's elbow.

Work with a willing partner or a tennis machine. Concentrate on foot work and technique. When playing single handed backhand, make sure that the racket head stays above the wrist level (see Fig. 3). Do not lead with the elbow (see Figs. 1 and 2).

Work for 5 minutes at each level, stop at the first sign of pain. If the pain or ache goes away within 20 seconds, continue the exercises. If the ache or pain persists, stop, wait 24 hours, begin again from the first step (see How much training?). Do not grip racket too tightly with thumb and index finger.

10	Standard & Western Grip - Fit again
9	Standard & Western Grip - Start play, begin in easy low-grade matches.
8	Standard & Western Grip - Backhand top spin
7	Standard & Western Grip - Top spin serve. Note: Backhand grip may flare and produce radial-humeral joint problems
6	Standard Grip - Sliced backhand Semi-Western Grip For Golfer's Elbow - Whipped forehand. Now move to step 10
5	Standard Grip - First service, hit flat., Backhand volley Semi-Western Grip For Golfer's Elbow - Top spun service
4	Standard Grip - Second serve. Flat service. Go for rhythm, not power Semi-Western Grip For Golfer's Elbow - Flat service
3	Standard Grip - Forehand volley Semi-Western Grip For Golfer's Elbow - Stroked forehand
2	Standard Grip - Forehand top spin Semi-Western Grip For Golfer's Elbow - Volleys. Backhand then forehand
1	Standard Grip - Forehand flat Semi-Western Grip For Golfer's Elbow - Backhand flat and top spun shots