
Recovery and Injury Prevention for Tennis Players

— drjoegasior@gmail.com —

Recovery

1. Cardio/Metabolic
2. Stretching
3. Nutritional Timing
4. 24-48 hours post match

Injury Prevention “aka” Load management

1. Post-injury
2. Pickleball
3. **Gamifying Recovery**

Disclaimer

All content in this webinar is created and produced for informational purposes only and is largely based on the personal experiences of Dr. Joe Gasior.

The content is intended to complement your training, medical treatment and support healing, it is not intended to be a substitute for professional medical advice or strength and conditioning advice and should not be relied on as such. The information is general and may not be suitable for your personal injuries, circumstances or health objectives.

Do not use our content as a standalone resource to diagnose, treat, cure or prevent any disease, for therapeutic purposes or as a substitute for the advice of a health professional.

Never delay seeking advice or disregard the advice of a medical professional, your doctor or your rehabilitation program based on our content. If you have questions or concerns about your health or medical condition, please seek guidance from a doctor or other medical professional

How to tell if you have a physical medicine issue

- Numbness, Tingling, Weakness associated w/ pain
- Pain that comes and goes randomly and without explanation
- Pain that started:
 - On Court/In Gym
 - Immediately after cooling down from activity
 - Waking up the morning after a high strain day (usually a very simple fix)
- Pain that is worse only when you play tennis/exercise

Find a physical medicine specialist: Chiropractor or Physical Therapist

Email: drjoegasior@gmail.com



Hip Internal Rotation

- Log Roll, Bretzel 2.0
- Loading phase of serve, groundstrokes
- Injury Prevention: <https://youtu.be/JfTz7zcaSsl?t=148> *2017*
- Often neglected in Yoga



Cardio/Metabolic

- Cardio- 10-30 min. First thing after match
 - Especially after high strain matches
 - Keeps blood flowing, allowing damaged cells and tissues to continue cycling out
 - Cardio Machines Optional
 - Gradual ramping down of “sympathetic” nervous system
- What is strain?
 - A summary of cardiovascular load
 - HR/HRV Monitor
- Sun and Heat
 - Slippery grip is not an excuse! Lighter Skin, Higher SPF
 - Hat/Sunglasses



When, Why, and How to Stretch

- When?
 - Dynamic stretching before the match - for another webinar
 - After cardio recovery for 10-30 min
 - Before bed for 10-45 min
 - Morning- gentle, extension based stretching
- Why?
 - Improves/continues blood flow through muscles
 - Increases muscle length gradually
 - Gradual ramping up of “parasympathetic nervous system”
- How?
 - Movement screening- Tailored Recovery, training, and warmup.
 - Movement Screening
 - Avoid stretching away from pain “tick” - see a physical medicine provider!



Nutrition timing

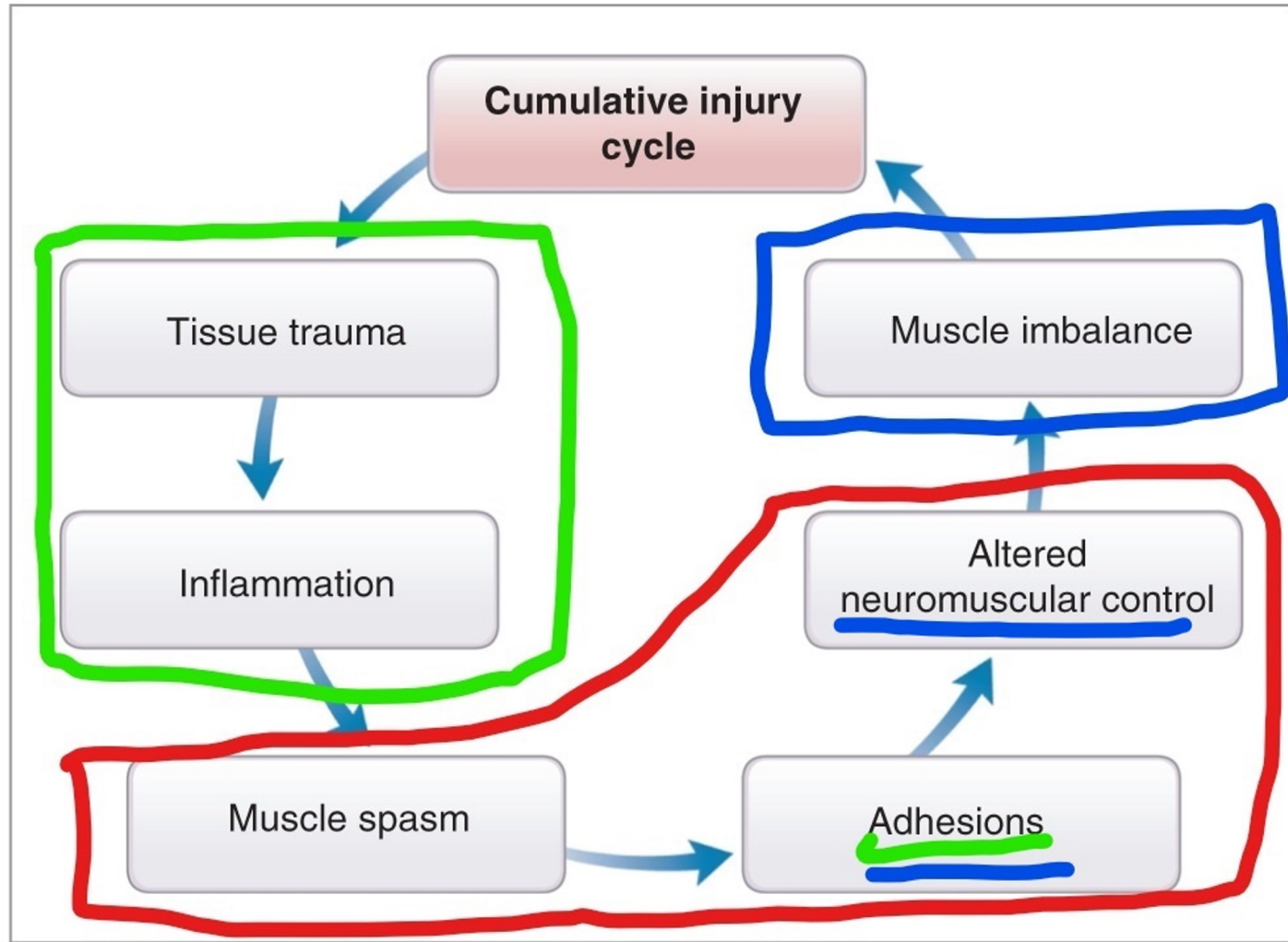
- In-match
 - Hyponatremia prevention - Headaches?
 - Sports Drink - Powdered products are more cost-effective, environmentally friendly, geared more towards performance
- Post-match
 - 15-45 min- fast-digesting protein and carbs
 - Glycogen replenishment
 - 2-3 hours later- balanced meal with slower-digesting foods
- With increased *strain*, nutrition becomes more important
- Check out the [Mission Driven Wellness Webinar](#) for info on anti-inflammatory foods and pre-match nutrition.



24-48 Hours Post Match

- DOMS- Delayed Onset Muscle Soreness
 - Prior adaptation is the only way to prevent it!
- Cumulative Injury Cycle
- A great time for Self-Myofascial Release (foam rolling)

- **Player**
- **Physical Medicine**
- **Trainer**



*Local inflammatio



Post Injury

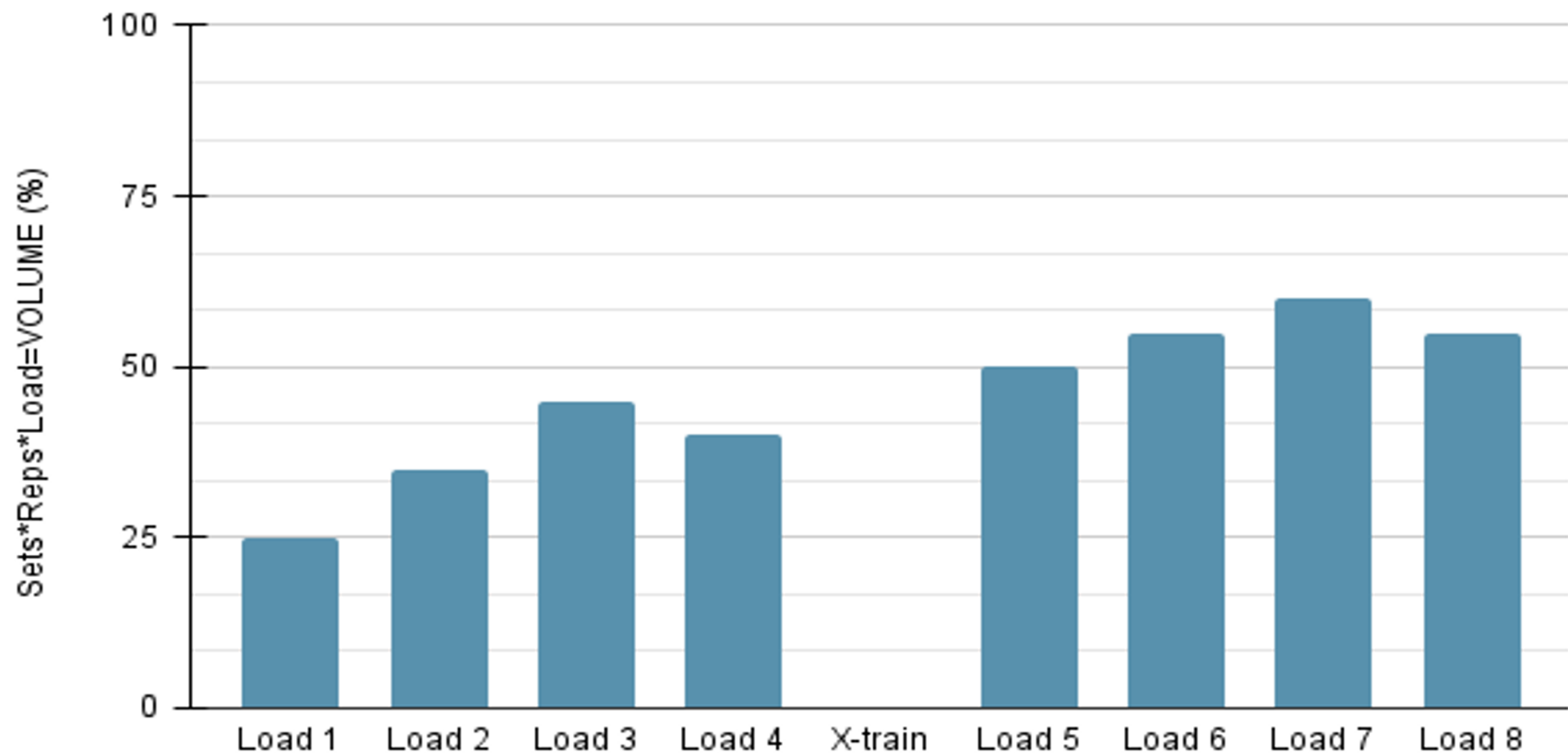
- Most tennis injuries are chronic overuse
 - Better w/ relative rest
 - Will reappear if preventive actions are not taken
 - Beware absolute rest and passive care
- Acute injuries
 - Depending on severity, relative or absolute rest may be warranted
 - See your PCP, physical therapist or chiropractor before surgery for non-emergency acute injuries.



Return from Injury

- Beware adrenaline
 - Especially w/ young players
- Rehab exercises incorporated into warmup
- Upload/Download the volume (next slide)

Load management





Pickleball

- 42% the size of the tennis singles court
 - Usually doubles, so area covered by one person is ~21% the size of a singles court.
 - ~150 sq ft doubles pickleball vs 1053 sq ft tennis singles
- Good for maintaining or improving tennis “2- step zone” footwork
 - 3+ Zone- where LE injuries happen
- Less overhead demand - Shoulder and Elbow injuries



Gamifying Recovery

- Strain - Fit Bit, Apple Watch, HR Monitors, GPS Watches
- Recovery
 - HRV (para/sympa)
 - Resting HR
 - Respiration Rate - COVID
 - Sleep Tracking - Light, REM, SWS (Deep)
 - Whoop, Oura, Polar Watch others??
 - [ITPA Tennis Technology & Analytics](#) - Whitepaper from 2018, needs update



Recovery hacks

- See what happens to your HRV
 - Cold Shower/Bath (esp. After hot outdoor play and appropriate cooldown)
 - Dietary intolerances- ~~Gluten, Dairy, Alcohol~~ - Genetic heritage predispositions
 - Fish delivery box/Fish oil supplement
 - Bed/Wake Time Consistency
 - Meditate instead of lying in bed awake
 - Your ideas in the Chat >>>



**Tennis is
always open
for everyone.**



Join in on the celebration of National Tennis Month.
Get out and play, and win instant prizes.

Say YES to TENNIS!

**CHICAGO TENNIS OPENING DAY
SATURDAY, 5/14/22 • 8 AM 'TIL SUNSET!**



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