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### Press Release from the Scottish Chiropractic Association

#### **Tennis trauma: The Scottish Chiropractic Association offers top tips on how to avoid tennis injury and spinal stress**

The “Wimbledon effect” means that many of us pick up our tennis rackets and race around tennis courts at this time of year, without paying proper attention to warming up, stretching or general fitness. The Scottish Chiropractic Association President, Dr Ross McDonald (Chiropractor) comments: “We watch the tennis on television and feel inspired to lob, volley and serve like the Wimbledon stars. However, we can’t all be like Andy Murray with fantastic fitness and a team of health experts around him.

We need to be sensible on the court and take good care of our spines.”

To avoid back strain or injury whilst playing tennis, the SCA recommends the following:

- Warm up properly with lots of stretches for the spine, shoulders, arms and legs before playing. It is also important to warm-down afterwards!
- Have prolonged warm-up session with your opponent before starting the match, practising all the shots and warming up all the different muscles
- Avoid twisting your spine or lunging excessively for the ball
- Bend your knees and play by moving your feet/legs, rather than twisting your upper body
- Take frequent sips of water and breaks when you need them
- Make sure that you have supportive and appropriate shoes on
- Ensure that your tennis racket is the right size for your grip/hand – consult a tennis racket retailer for advice

## **Press Release - Tennis Trauma**

Written by Administrator

Friday, 03 July 2009 13:27 - Last Updated Friday, 03 July 2009 14:37

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- Improper grip size or gripping the racket too firmly can cause painful conditions such as tennis elbow to develop
- Seek advice on your posture and playing/serving technique from a Scottish Chiropractic Association member
- Have regular spinal checks and seek spinal maintenance advice from an SCA member
- If you experience pain, stop playing immediately and seek advice.

**For more information, please contact:**

**Tina Woolnough, SCA press officer, 07799 416 360; 0131 337 3486; [tina@kristina.org.uk](mailto:tina@kristina.org.uk) .**

### **Background:**

Chiropractic is a primary health-care profession that specialises in the diagnosis, treatment and overall management of conditions that are due to problems with the joints, ligaments, tendons and nerves of the body, particularly those of the spine. Chiropractors focus on the relationship between the structure and function of the human body, primarily coordinated by the nervous system. Treatment consists of a wide range of techniques designed to improve the function of the nervous system, relieving pain and muscle spasm and improving overall health.

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**Scottish Chiropractic Association** [www.sca-chiropractic.org](http://www.sca-chiropractic.org)

The SCA celebrates its 30<sup>th</sup> anniversary this year.

Registered office: 0141 404 0260

SCA President: Dr Ross McDonald (Chiropractor), Discover Chiropractic, 240 Queensferry Road, Edinburgh EH4 2BP, 0131 332 0063.

Father helped me resolve on what to go and enjoy the story of the [levitra vs viagra](#) because they need to solve their problems as soon as [cialis vs viagra vs levitra](#) without worrying.

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