



Tennis Health: A Guide For Tennis Injury Prevention and Rehabilitation

Casey Deaton

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Given my strong interest in both tennis play and my career as physical therapist, developing a specialty interest with tennis wellness and rehabilitation was a natural transition. So often while playing tennis, I would be approached by other players or friends regarding ways to either help treat existing tennis related injuries or how to better train the body for improved tennis play. My goal with this book is to educate the readers on the involved anatomy in tennis and how this anatomy is affected by tennis participation. It also deals common tennis related injuries and guidance in utilizing exercise and activity modification to rehabilitate injuries. More importantly I hope to inform the reader of how to better condition and train the body to better tolerate the rigors of tennis participation, thus preventing onsets of injury. Ultimately, "Tennis Health" is geared to allow one to achieve peak performance of play by avoiding injury and/or quicker return to play after injury.

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