

HKSH Physiotherapy Centre

Happy Valley

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Service Hours

Monday to Friday: 9:00 am – 12:30 pm
1:30 pm – 5:00 pm
Saturday: 9:00am – 1:00 pm
Closed on Sundays and Public Holidays

HKSH Orthopaedic & Sports Medicine Centre

Happy Valley

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Service Hours

Monday to Friday: 10:00 am – 6:00 pm
Saturday: 11:00 am – 3:00 pm
Closed on Sundays and Public Holidays

Consultation by Appointment
For enquiries and appointments,
please contact us



Common Tennis-Related Injuries



Lower limb injuries are most common among tennis players, followed by upper limb injuries and back pain. Lower limb injuries are usually attributable to such acute conditions as knee meniscal and ligament injuries and ankle sprains. Upper limb problems have close relationship with chronic overuse conditions, e.g. shoulder rotator cuff injuries and tennis elbow. Back pain is mainly due to tennis serve, while back injuries contribute to predisposition to recurrent back pain.



Preventive Measures and Self-Management of Tennis-Related Injuries

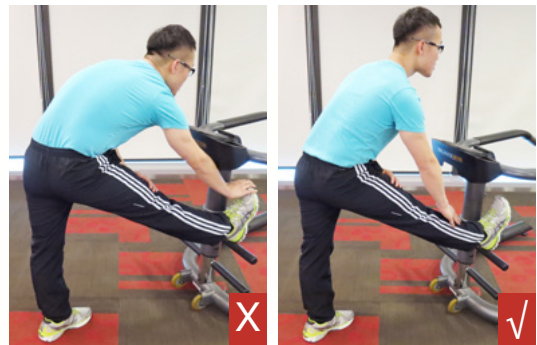
1. Warm-up exercise



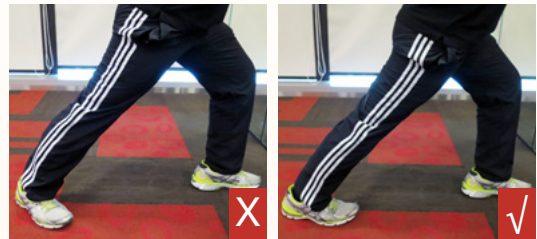
Posterior shoulder stretching



Quadriceps stretching



Hamstring stretching



Calf stretching

2. Acute injury management, i.e. PRICE

"PRICE" means Protection, Rest, Ice, Compression and Elevation.

3. Conditioning exercises (in terms of stretching, muscle strengthening and core stabilisation)



Shoulder stabilisation



Quadriceps-VMO strengthening



Core stabilisation



Gluteus medius strengthening



Ankle proprioception training

4. Sports taping



Back KT taping

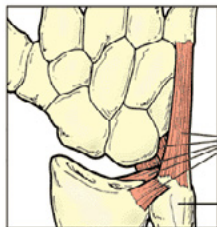
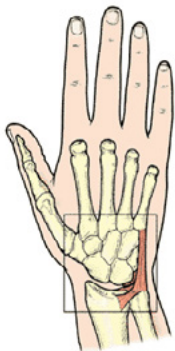


Ankle rigid taping

Most minor problems can be managed with PRICE principle. But you are advised to consult a doctor or physiotherapist under the following circumstances:

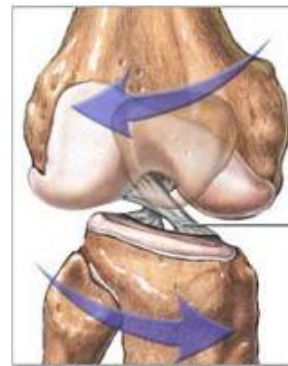
1. Suspected cases of fractures: You might feel intense pain. There might be severe swelling or bruises in the fracture sites. For example, one may mistake scaphoid fracture for mere wrist sprain and delay management, e.g. surgical fixation, leading to non-union and severe degeneration
2. Suspected cases with torn soft tissue: You may experience pain and severe swelling. Physiotherapy or surgical intervention might be necessary for severe (Grade III) sprain injuries, e.g. triangular fibrocartilage complex injury (wrist), anterior cruciate ligament tear (knee) or ankle sprain with complete tear of lateral ligament complex
3. Injuries with persistent pain and swelling
4. No improvement after self-management under PRICE principle

Triangular Fibrocartilage Complex (TFCC) Injuries



Triangular
Fibrocartilage
Complex
Ulna

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ACL



ACL injuries occur when bones of the leg twist in opposite directions under full body weight

