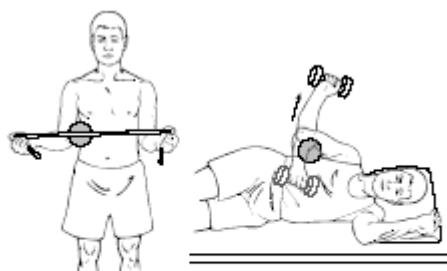
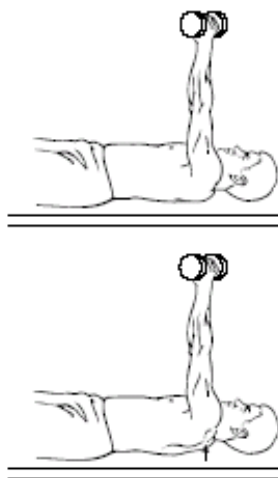


MGH Sports Medicine General Strengthening Exercises - Tennis



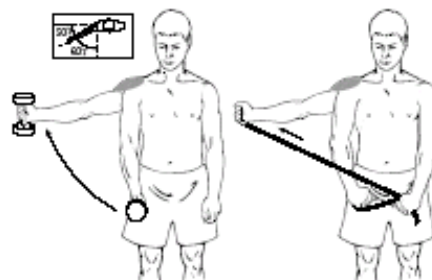
STRENGTH • Shoulder External Rotation

1. Lie on your side with your _____ arm up and the elbow bent to 90 degrees, or stand with your arms at your side and the elbows bent to 90 degrees as shown. Place a small rubber ball (4 to 6 inches in diameter) or rolled-up towel between your elbow and your side as shown.
2. Hold a _____ pound weight in your hand and turn the arm up toward the ceiling, keeping the elbow bent as shown. If using rubber band/tubing, turn the arm(s) out from your side while keeping the elbows bent.
3. Do this slowly and in control through your *pain free* range of motion only. If this is painful, stop and discuss this with your physician, physical therapist, or athletic trainer.
4. Hold this position for _____ seconds and then *slowly* return to the starting position.
5. Repeat exercise _____ times, _____ times per day.



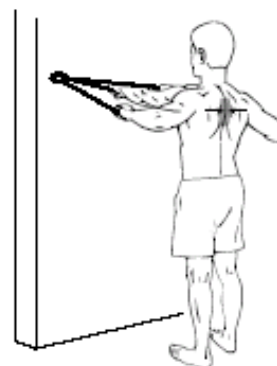
SHOULDER • Scapular Protraction

1. Lie on your back with your _____ arm straight up in the air as shown. Hold a _____ pound weight in your hand.
2. Push your hand up toward the ceiling, keeping your elbow straight and raising your shoulder off the floor.
3. Hold this position for _____ seconds and then *slowly* return to the starting position.
4. Repeat exercise _____ times, _____ times per day.



STRENGTH • Scaption, Thumb Up

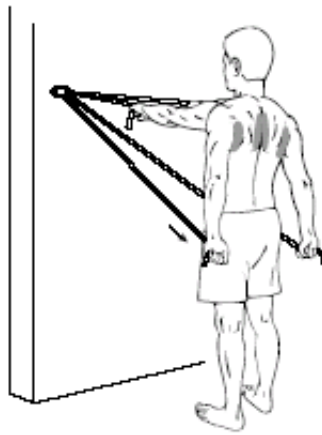
1. Hold a _____ weight in your _____ hand with your arm at your side but slightly forward (approximately 30 degrees; see small diagram). This exercise may also be done with rubber band/tubing as shown.
2. Your hand should be in a “thumbs-up” position.
3. Slowly raise your arm in the “thumbs-up” position through your *pain free* range. If this is painful, stop and discuss this with your physician, physical therapist, or athletic trainer. Do not allow your shoulder to “shrug up” while doing this exercise.
4. Hold this position for _____ seconds and then *slowly* return to the starting position.
5. Repeat exercise _____ times, _____ times per day.



SHOULDER • Scapular Retraction

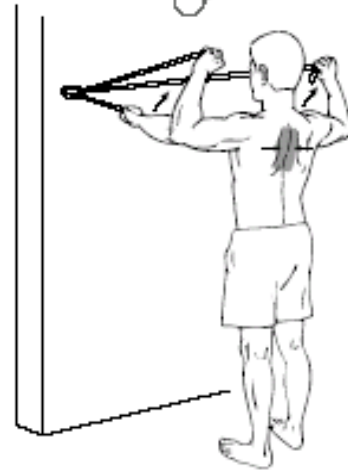
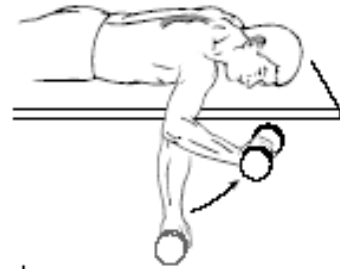
1. Anchor rubber band/tubing to a stable, fixed object.
2. Hold one end of the band/tubing in each hand with your arms straight out in front of you.
3. Squeeze/“pinch” your shoulder blades together.
4. Keeping your shoulder blades pinched together, pull your arms back as shown. Your hands should be level with your shoulders when you finish. Do not let your elbows go behind your body.
5. Hold this position for _____ seconds and then *slowly* return to the starting position.
6. Repeat exercise _____ times, _____ times per day.

MGH Sports Medicine
General Strengthening Exercises - Tennis



STRENGTH • Shoulder Extension

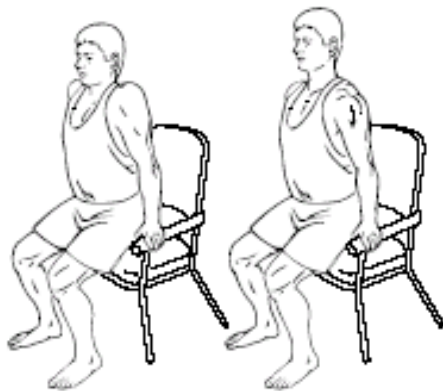
1. Anchor/secure rubber band/tubing around a stable object such as a stair post or around the knob of a closed door.
2. Stand holding the rubber band/tubing in front of you with your arms extended as shown.
3. Squeeze/pinch your shoulder blades together and pull your arms down and backward as shown. *Do not pull arms past the midline of your body.*
4. Hold this position for _____ seconds and then *slowly* return to the starting position.
5. Repeat exercise _____ times, _____ times per day.



SHOULDER • Scapular Retraction and External Rotation

1. **If using a weight**—Lie on your stomach with your _____ arm out to the side and over the edge of the bed as shown. The elbow should be bent to 90 degrees and the upper arm should be supported by the bed. Hold a _____ pound weight in your hand.
2. Turn/rotate your arm up toward the ceiling while keeping the elbow bent.
3. Squeeze/“pinch” your shoulder blades together.
4. Hold this position for _____ seconds and then *slowly* return to the starting position.
5. Repeat exercise _____ times, _____ times per day.

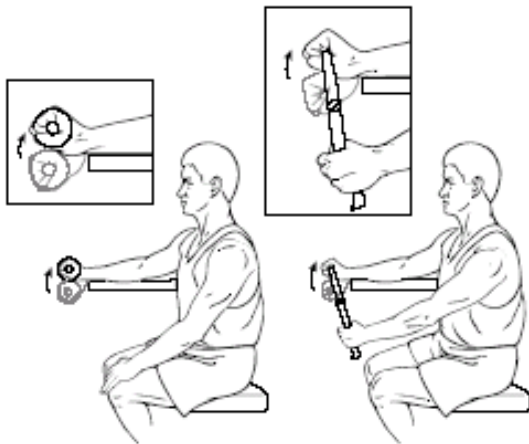
1. **If using rubber band/tubing**—Hold one end of the band/tubing in each hand. Your elbows should be bent 90 degrees and at shoulder height.
2. Squeeze/“pinch” your shoulder blades together.
3. Keeping your shoulder blades pinched together, turn your arms up as if someone had said “Stick ‘em up!” Your hands should be in the position shown when you finish. *Do not bring your elbows or your hands past the middle of your body.*
4. Hold this position for _____ seconds and then *slowly* return to the starting position.
5. Repeat exercise _____ times, _____ times per day.



SHOULDER • Depression

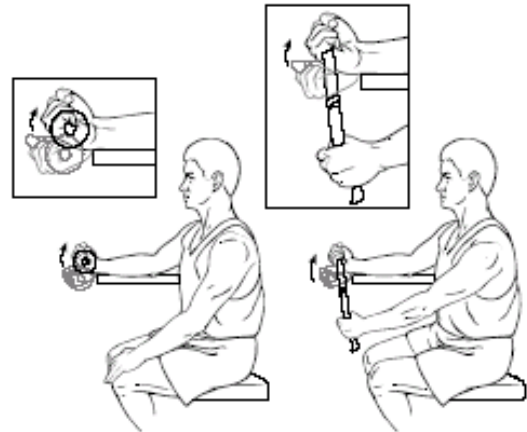
1. Support yourself as shown in an armchair. Your elbows should be straight and your feet flat on the floor.
2. Push your shoulders downward. *Do not bend your elbows.*
3. Support your weight as needed by using your legs.
4. Hold this position for _____ seconds and then *slowly* return to the starting position.
5. Repeat exercise _____ times, _____ times per day.

**MGH Sports Medicine
General Strengthening Exercises - Tennis**



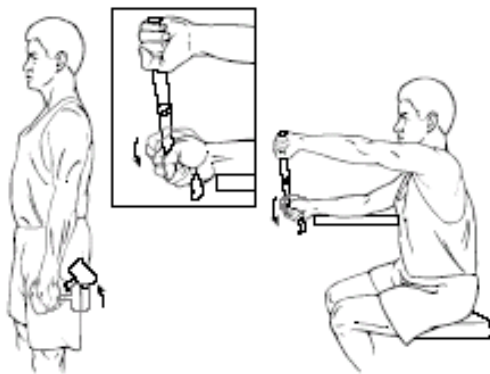
STRENGTH • Wrist Extensors

1. Sit or stand with your forearm supported as shown.
2. Using a _____ pound weight or a piece of rubber band/tubing, bend your wrist slowly upward toward you.
3. Hold this position for _____ seconds and then *slowly* lower the wrist back to the starting position.
4. Repeat exercise _____ times, _____ times per day.



STRENGTH • Wrist Flexors

1. Sit or stand with your forearm supported as shown.
2. Using a _____ pound weight or a piece of rubber band/tubing, bend your wrist slowly upward toward you.
3. Hold this position for _____ seconds and then *slowly* lower the wrist back to the starting position.
4. Repeat exercise _____ times, _____ times per day.



STRENGTH • Wrist, Ulnar Deviation

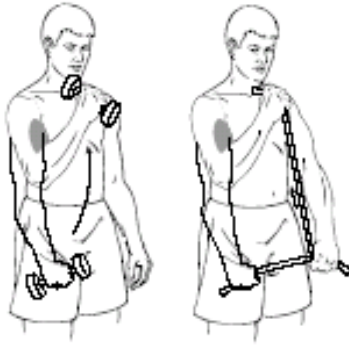
1. Stand with a _____ oz. hammer in your hand as shown, or sit holding on to the rubber band/tubing with your arm supported as shown.
2. Raise your hand upward behind you or pull down on the rubber tubing.
3. Hold this position for _____ seconds and then *slowly* lower the wrist back to the starting position.
4. Repeat exercise _____ times, _____ times per day.



STRENGTH • Grip

1. Hold a wad of putty, soft modeling clay, a large sponge, a soft rubber ball, or a soft tennis ball in your hand as shown.
2. Squeeze as hard as you can.
3. Hold this position for _____ seconds.
4. Repeat exercise _____ times, _____ times per day.

MGH Sports Medicine
General Strengthening Exercises - Tennis



STRENGTH • Elbow Flexion

1. Stand with your arm straight and your *thumb* facing forward.
2. Bend the elbow as shown using a ____ pound weight or rubber band/tubing as shown.
3. Hold this position for ____ seconds and then *slowly* return to the starting position.
4. Repeat exercise ____ times, ____ times per day.



STRENGTH • Elbow Extension

1. Hold the rubber band/tubing with your ____ hand on the bottom as shown.
2. Straighten out your elbow, stretching the rubber band/tubing for resistance.
3. Hold this position for ____ seconds and then *slowly* return to the starting position.
4. Repeat exercise ____ times, ____ times per day.



STRENGTH • Supination

1. Sit with your forearm supported on a table and the hand over the edge and your palm facing the floor.
2. Hold a ____ oz. hammer or a stick with a weight on the end in your hand as shown.
3. Turn your palm and hand toward you to a “thumbs-up” position.
4. Hold this position for ____ seconds and then *slowly* return to the starting position.
5. Repeat exercise ____ times, ____ times per day.



STRENGTH • Pronation

1. Sit with your forearm supported on a table and the hand over the edge and your palm facing up toward the ceiling.
2. Hold a ____ oz. hammer or a stick with a weight on the end in your hand as shown.
3. Turn your palm and hand toward you to a “thumbs-up” position.
4. Hold this position for ____ seconds and then *slowly* return to the starting position.
5. Repeat exercise ____ times, ____ times per day.