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## Sports injury prevention tips

- **Warm up** before playing. **Stretch well** and be sure your muscles are warmed up.
- **Be wary playing soon** after a bout of being ill, a virus can hang around in muscle and tendon tissue making them more vulnerable to injury.
- If there is a **break** between games, **stretch after** and **before** playing again.
- When a **game is slow**, stopping and starting, **take a moment to stretch** and have a **drink of water** if this does not interfere with the game. Obviously I say this with time in mind.
- Take into account **different court surfaces** and the way the ball behaves.
- I noticed **playing on grass** for the first time, a **significant difference** in not only the speed of the game but the height the ball bounced. Astro seems to produce a much higher bounce which in my case finds me playing using my racket like a fly swat, keeping the racket far too close to my body and not really ever stretching out. On grass however, with the **ball bouncing that much lower**, I found myself really **reaching and moving**, bending to get under the ball which felt much more tiring. Obviously this meant **different muscle groups** being used and all the more reason to have stretched before hand. I DIDN'T! (How come I drill this into my patients constantly then do not apply the advice myself, even when I am getting results that are showing far less injuries to my existing patients!)
- Attend to obvious mechanics – **wear good supporting shoes** and if necessary an **orthotic** (insert) to support your feet if they pronate (collapse). I am a pronater and simply couldn't be bothered to change my orthotics from one set of shoes to another – maybe with the changing of speed and direction I twisted more than I would have done if my foot had been suitably supported.

I hope this might be of some help to others out there – enjoy your tennis and squash and please do not get injured, it is immensely frustrating!



**Why not print these tips and bring them with you next time you're playing at East Glos?**