

Strengthening

As mentioned above, the shoulder joint is dependent on the rotator cuff muscles for dynamic stability. It is necessary to keep the humeral head in place in the glenoid labrum in order to prevent shoulder impingement. A strengthening program should be followed to prevent injury and may improve power and endurance during play. The following exercises are a few strengthen exercises which will help to prevent injury to the shoulder when the shoulder is in an unstable position such as a serve, volley or overhead smash. The exercises should be done 3-4 times a week in 3 sets of 10 repetitions.

Concentric/eccentric shoulder external rotation at 90 degrees

Starting Position

Facing the attachment of the resistive band, position your shoulder at 90 degrees abduction and 90 degrees flexion and elbow at 90 degree flexion.



Exercise

Pull band backwards and slowly return to starting position



Concentric/eccentric shoulder internal rotation at 90 degrees

Starting Position

Facing away from the attachment of the resistive band, position your shoulder at 90 degrees abduction and 90 degrees flexion and elbow at 90 degree flexion.



Exercise

Pull band forwards towards the floor and slowly return to starting position.



Concentric/eccentric exercises of serratus anterior

Starting Position

Facing away from the attachment of the band, position your shoulder at 90 degrees of forward flexion with your shoulder pulled back.



Exercise

Punch your arm out in front of you without moving your trunk, then slowly return it to starting position.



This program is not all inclusive and many other shoulder strengthening exercises may be added to maximize muscle strength. Additionally, once full strength is attained, exercises specific to tennis players can be added. Consult a physical therapist or an athletic trainer for proper instruction.