

The Most Common Injuries in Tennis Players and Prevention Strategies: A Literature Review

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Sport-related musculoskeletal injuries are a common health issue that can result in a reduction in performance. Tennis players, like many other sports players at recreational, collegiate, or professional levels, can experience injuries throughout the entire body. This study aimed to review the literature between 2017-2022 regarding many injuries experienced by tennis players. Original and review articles were searched through Scopus, MEDLINE via PubMed, and the Web of Science using key terms: tennis, injury, prevention, and risk factors. The researchers included systematic, experimental, observational, and qualitative studies that addressed tennis players, both professional and non-professional, in this review. From a total of 910 references searched through the descriptors, 301 references were included after reading the title and 283 were excluded after reading the abstract and full text. There were five articles that met the criteria for inclusion in the analysis. From those references, various injuries were obtained, and there was no injury that was the most frequent among them. The injuries mentioned include lumbar spine injury, shoulder injury, trunk injury, lower limb injury, upper limb injury, and muscle/tendon injury. The evolution of refined racket manufacturing technology, the age of players, and court surface composition can all have an impact on injury patterns. The information in this study contributes to trainers, researchers, and coaches who want to develop a prevention program to lower the number of incidents in this sport.

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