



Basic Tennis Recovery Menu

As a high impact sport, tennis can be one of the most demanding activities for the human body. Typically, 'poor form', over-exertion, or constantly playing on hard surfaces will result in one or more of the body's eight load bearing joints becoming misaligned leading to inflammation and subsequent injury. If untreated over time, such injuries can result in the need for medical interventions to address more serious consequences (rotator cuffs, knee and hip replacements etc).

The Egoscue Method is a Postural Therapy program which involves a series of stretches and gentle exercises called **Ecises**. It is designed to treat **musculoskeletal** pain without drugs, surgery, or manipulation. This is accomplished through bringing the **skeleton** back into proper alignment. [Ref: ***Pain Free: A Revolutionary Method for Stopping Chronic Pain***]

Certain Ecises relax overly contracted muscles, which are usually secondary muscles compensating for the weak primary muscles not fulfilling their role. At the same time those or different E-cises strengthen the **atrophied** muscles to restore proper **anatomical** balance. The goal of this method is to have all **eight load-bearing joints**, which are the shoulders, hips, knees and ankles, **bilaterally** aligned with a fully functional musculoskeletal system to keep it that way.

The following series of Ecises were suggested by a licensed Egoscue therapist as a basic recovery routine after play to assist the average player to retain the primary load-bearing joints closer to the body's natural posture:

1. Hanging
2. Standing Quad
3. Frog
4. Hip crossover
5. Counter Stretch
6. Gravity Drops

The Ecises are designed to be done in order. Please consult a licensed Egoscue therapist or a health professional to develop an individual program to suit your specific circumstances. *As with all exercise or stretching programs, please consult a competent medical professional if you are concerned about your health or well being.*

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Hanging

prepared for Rob Muir



Hold this eCise for 01 min.

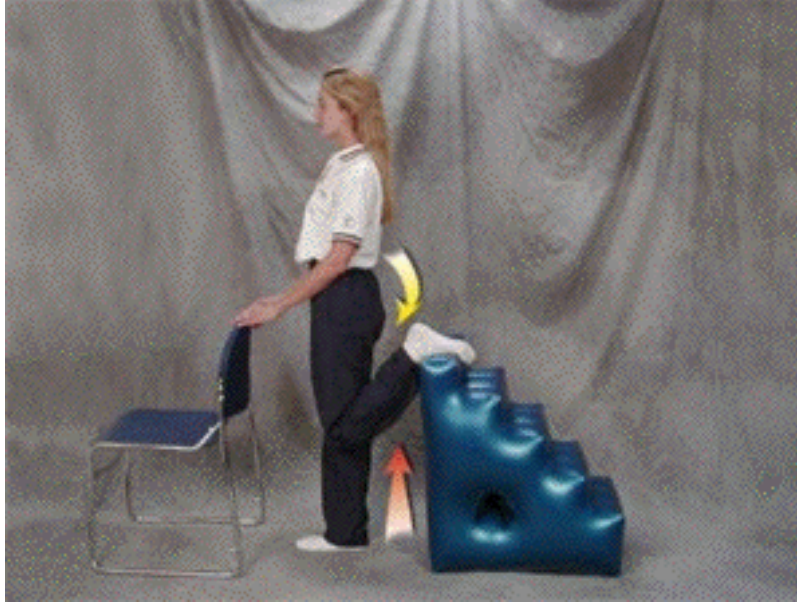
Instructions:

1. Stand with your feet pointed straight-ahead, hip width apart
2. Bend over to touch your toes and just hang there
Drop your head and try to concentrate on relaxing your upper back
Do not bend your knees and do not bounce
3. Hold as directed on your menu

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Standing Quad Stretch

prepared for Rob Muir



Hold this eCise for 01 min.

Instructions:

Stand on one foot and bend the other leg back and place the top of the foot on the back of a chair or a block. The height of the foot dictates the amount of stretch in the quadriceps muscles(thighs). Keep your hips and shoulders square to the wall. Look down and be sure that your knees remain right beside of each other. The key is to make sure that the down leg/hip is not jetting out to the side. You must keep your hips level. Now, try to tilt your butt under(suck and tuck). Hold. If needed, hold onto something for balance.

Purpose:

This exercise stretches the muscles of the hip and repositions the pelvis

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Frog

prepared for Rob Muir



Hold this eCise for 02 min.

Instructions:

1. Lie on your back with your arms at your side, palms up, and hands relaxed
If directed to do so by your menu, place a towel under your lower back
2. Place the soles of your feet together
3. Center your feet along the mid-line of your body and let your knees relax down to the sides
4. Relax
Do not press your knees/ legs to the ground. Just let gravity pull them down
You should feel a stretch along the inner thigh
5. Hold the position for the designated amount of time

Notes:

The lower back position may change during the e-cise due to the changing hip position, this is perfectly alright

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Hip Crossover Stretch w/ Palms Down

prepared for Rob Muir



Hold this eCise for 01 min.

Instructions:

1. Lie on your back with both knees bent and your feet flat on the floor pointed straight ahead
2. Place your arms out to the side at shoulder level, with your palms flat on the floor
3. Cross your right ankle over your left knee and rotate the ankle/knee junction toward the floor
Your right foot should now be flat on the floor, along with the outside of the your left leg
4. Look in the opposite direction and relax your shoulders
5. Hold this position for half of the time directed on your menu
6. Press the right knee away from your body with the right hip musculature
7. Hold as directed on your menu, then switch sides and repeat

Notes:

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Counter Stretch

prepared for Rob Muir



Hold this eCise for 01 min.

Instructions:

1. Stand facing a table or counter that is about waist high
The table/counter can be lower than your waist if you are more advanced, higher if you are just starting
Keep your feet pointed straight and place your hands on the table/counter you are facing
2. Walk your feet back so that your weight is in your toes
Keep the hips, knees and feet in alignment
3. Kick your buttocks/hips back to place an arch in your lower back
Keep your elbows locked out and tighten your quads
4. Hold as directed on your menu

Notes:

The key is to keep your hips tilted forward, and continue attempting to place an arch in your lower back throughout the e-cise



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Gravity Drop

prepared for Rob Muir



Hold this eCise for 03 min.

Instructions:

1. Wearing rubber soled shoes for traction (tennis shoes, etc.) stand on a step or stairway as though you were climbing upward
 - Keep your feet parallel, and hip-width apart
 - Hold onto a railing or other object for support
2. Edge your feet backward until your heels are off the stairs and you are hanging onto the stair with the balls of your feet
 - Make sure the your feet remain pointed straight ahead
3. Let the weight of your body drop your heels off the stair
 - You will feel a great stretch in your lower legs
4. Hold as directed on your menu

Notes:

The key is to keep your hips over your heels and your shoulders in line with your hips

