

5 ESSENTIAL STRETCHES FOR TENNIS PLAYERS

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MOVE WELL. PLAY WELL. STAY ON COURT.

Use these gentle stretches after training or a match as part of your warm-down. Before play, prioritise a gradual, movement-based warm-up rather than long static holds.

01



SHOULDER CROSS-BODY STRETCH

Bring one arm across your chest at shoulder height. Use the other arm to gently draw it closer, keeping the shoulder relaxed and away from your ear.

Hold 20–30 seconds per side · Repeat twice

WHY IT MATTERS FOR TENNIS

Helps maintain shoulder mobility for serving and reaching wide balls.

02



HIP FLEXOR LUNGE STRETCH

Step into a split stance and lower your back knee onto a towel or mat. Tuck your pelvis slightly, then shift forward until you feel a stretch at the front of the back hip.

Hold 20–30 seconds per side · Repeat twice

WHY IT MATTERS FOR TENNIS

Helps you reach into low shots and load the legs without overworking the lower back.

03



TRUNK ROTATION STRETCH

Sit or stand tall with your arms folded across your chest. Turn your upper body slowly to one side while keeping your hips facing forward, then repeat on the other side.

Hold 10–15 seconds per side · Repeat 2–3 times

WHY IT MATTERS FOR TENNIS

Supports smooth rotation through groundstrokes and the serve.

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FINISH THE ROUTINE

Move slowly, breathe normally and keep every stretch comfortable — never force the range.

04



STANDING HAMSTRING STRETCH

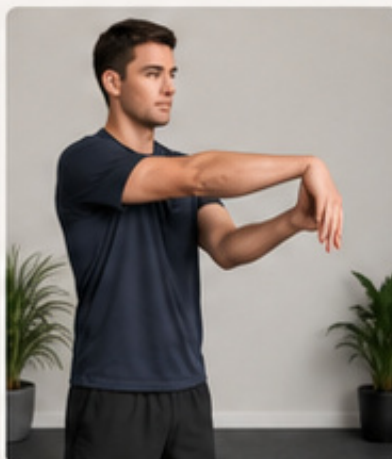
Place one heel on a low bench or step with the knee slightly bent. Keep your back long and hinge forward from your hips until you feel a gentle stretch behind the thigh.

Hold 20–30 seconds per side · Repeat twice

WHY IT MATTERS FOR TENNIS

Supports comfortable court movement, deceleration and reaching for low balls.

05



WRIST FLEXOR & EXTENSOR STRETCH

Hold one arm straight with the palm down. Gently bend the wrist down, then up, using the other hand for light pressure; keep the elbow straight and switch sides.

Hold 15–20 seconds each direction · Both arms

WHY IT MATTERS FOR TENNIS

Helps the forearm tolerate repeated gripping, serving and racquet control.

A QUICK SAFETY NOTE

You should feel a gentle stretch, not sharp pain, pinching or numbness. Stop if symptoms appear, and seek individual advice if pain persists or you are returning from injury.