



Table Tennis

A proper warm up should be performed before a table tennis match is played. Warm up by slowly jogging on the spot for 5-10 minutes. Some stretches that should be performed immediately after your muscles are warm include:

Shoulder Stretches

Stand up. Put your right hand over your left shoulder. Put your left hand on your right elbow and pull that elbow toward your left shoulder. You'll feel your right shoulder stretching. Hold it for 20 seconds. Then reverse everything and repeat.



Arm Stretches

Loosen up your arms/shoulders by sticking them straight out (sideways), swirl them in small tight circles, make the circles wider and wider until you're basically swinging your arms in a circle that goes from the floor around to the ceiling. That should take about 30 seconds. Do this again but swirling your arms in the reverse direction.



Side Bends

Stand up. Extend your right hand above your head with your feet shoulder width apart. Lean side ways, letting your left hand come closer to your left knee. You should feel a stretch in the right side of your obliques muscles. Hold the stretch for 15 to 30 seconds. Repeat in the opposite direction.



Once your body temperature has increased and you have performed the proper stretches, go through some sport specific drills to maximize your warm up.

Common Injury

Tennis Elbow

The onset of pain, on the outside (lateral) of the elbow, is usually gradual with tenderness felt on or below the joint's bony prominence. Movements such as gripping, lifting and carrying tend to irritate the injury. Discomfort can last for as little as 3 weeks or as long as three years.

Prevention

To prevent tennis elbow:

- Lift objects with your palm facing your body.
- Try strengthening exercises with hand weights. With your elbow cocked and your palm down, repeatedly bend your wrist. Stop if you feel any pain.
- Stretch relevant muscles before beginning a possibly stressful activity by grasping the top part of your fingers and gently but firmly pulling them back toward your body. Keep your arm fully extended and your palm facing outward.
- Ensure a proper warm up and cool down is performed.