

muscle groups recover slowly after injury, it takes at least three months to recover completely in spite of slightly serious injury, therefore, waist and shoulder should pay special attention to protection.

3. Conclusion and advice

3.1 Conclusion

(1) The tennis movement is an antagonism project separated by net, and the confrontation between the two sides have no direct physical contact and cannot cause severe injuries, but the injury is common. The sports injury of tennis amateurs has seasonal characteristics, the injury site and obvious age characteristics.

(2) Spring is the season which is easiest to cause injury; the main injury parts are wrist, elbow and ankle in turn, different age group is slightly different; the reasons causing injury are mainly lack of warm-up and awareness of prevention. Vigorous drive is easy to cause the wrist and elbow sprain, heavy serve can cause waist and shoulder strains, and immediate running and stopping back and forth can cause sprain of ankle and leg injuries.

3.2 Advice

(1) Tennis has certain requirements for participants, such as power, speed, and physical fitness and so on. Therefore, amateurs should not only learn tennis technology, also should strengthen the physical exercise, the two are interdependent, indispensable.

(2) Arrange the training and competition scientifically, according to their own physical fitness, strength and physical conditions and other circumstance to the reasonable arrangement of the training content and intensity of exercise, prevent playing tennis violently and participating in tennis on physical overdraft situation.

(3) Improve the awareness of prevention and grasp emergency treatment measures, strengthen the treatment after injury and prevent injury again. Make sure appropriate sports environment and don't play tennis on wet playgrounds to prevent slipping. Don't play tennis in arenas where the light is dark to prevent being hit by balls. Equip safe and appropriate equipments when playing tennis.

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