



Tennis Injury Handbook: Professional Advice for Amateur Athletes

Allan M. Levy, Mark L. Fuerst

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"A very comprehensive and well-written book about the most common tennis injuries. I certainly wish something like this had been available 25 years ago."--Fred Stolle, member of the International Tennis Hall of Fame.

"Maintaining fitness is a high priority for people of all ages, especially those of us addicted to tennis. This book can help you improve not only your game but your quality of life as well."--David N. Dinkins, USTA and USPTR Board Member and former mayor of New York City.

"It would be hard to find a more comprehensive or comprehensible guide to preparing for tennis play, not to mention preventing and treating tennis injuries. Every tennis player--beginning, intermediate, and advanced--could benefit from Dr. Levy's and Mark Fuerst's efforts."--Shimon-Craig Van Collie, author of *Tennis: The Lifetime Sport*.

From the authors of the classic *Sports Injury Handbook*, this top-notch manual of easy-to-follow tennis do's and don'ts is all you need to prevent injuries, treat common symptoms, and improve your conditioning, flexibility, and strength, so you can pick up the pace on your serve or unload a return that won't come back. Dr. Allan Levy's practical knowledge of tennis fitness is indispensable for players at every skill level--from absolute beginners to club champions.

Developed from his own experience treating recreational and professional tennis players, Dr. Levy's program features refreshingly simple stretches and exercises you can do on or off the court. For ease of use, the main part of the book is organized by area of the body. You'll learn how to recognize and treat injuries and determine when it is safe to play again. Packed with clear illustrations and practical advice, the *Tennis Injury Handbook* features:

- * Specific training ideas to improve your game and prevent injuries.
- * Easy-to-follow techniques for stretching, conditioning, and rehabilitation.
- * Expert advice on what foods to eat before, during, and after playing.
- * The pluses and minuses of a variety of tennis gadgets on the market.
- * A complete guide to tennis injuries from head to toe--how to recognize them and how to heal them.

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