THE PERFORMANCE EDIT

FROM THE GROUND UP **THE FOOT COMPANY X SOLEVO PHYSIO**

IS *KNEE PAIN* TAKING THE FUN OUT OF TENNIS?

Experiencing knee pain when playing tennis? Discover how strength, training load and physiotherapy can help you stay active and enjoy the game.





Tennis involves plenty of running, stopping, changing direction and pushing off, all of which place demands on your knees. If you've recently increased your playing time or intensity, you may notice some soreness as your body adjusts to the extra workload.

The good news is that knee pain doesn't necessarily mean you need to stop playing tennis altogether. Understanding what's contributing to your symptoms and gradually building your strength and capacity can help you manage your knee pain and return to the court with greater confidence.







WHAT CAN YOU DO TO HELP YOUR KNEES

- **Build leg strength:** Strong quadriceps, hamstrings, glutes and calves help your knees manage the demands of the court.
- **Increase your workload gradually:** Avoid suddenly adding extra matches, longer sessions or more intense competition.
- **Don't forget your warm-up:** Prepare your legs with dynamic movements before you start playing.
- **Pay attention to recovery:** Give your body enough time to recover when increasing your training load.

WHEN SHOULD YOU SEEK HELP?

See a physio if knee pain keeps returning, is getting worse, causes swelling, affects your movement or stops you from playing the way you want to.

Want to stay on the court? We can help identify what's contributing to your knee pain and build a plan to get you moving confidently again. Book now!

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