

Why Your Tennis Injury Isn't Getting Better

3 Reasons — And What You Can Actually Do About Each One

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If you're reading this, you're dealing with a tennis injury that isn't getting better. You've tried rest, ice, and braces — maybe you've even seen doctors. Nothing is working.

Here are three of the most common reasons tennis injuries fail to heal — and what you can actually do about each one.

You don't believe you can heal.

One of the worst things doctors do is tell patients there's no cure and they just have to live with the pain. Or you get an MRI and read terrifying words — tendon tears, cartilage loss, disc disease. That is scary. And it makes you feel like getting better isn't possible.

“Those changes are as common as getting gray hair or wrinkles. People with zero pain have the exact same findings on MRI.”

Arthritis, tears, degeneration — none of those automatically mean pain. I have reassured thousands of patients of this truth over the last decade. Don't let scary-sounding findings convince you otherwise. You can heal. Without surgery.

WHAT TO DO

Find a sports medicine physician who will give you an honest assessment. Once major structural problems are ruled out, you can move forward with confidence. Believing you can heal is step one — and it is more powerful than any injection or procedure.

You have a muscle imbalance.

I don't say weakness. I say imbalance. Every muscle has an opposing muscle group. You can be incredibly strong — but if your pushing muscles overpower your pulling muscles, or your quads overpower your hamstrings, that imbalance creates pain.

Tennis is an especially one-sided sport. We hit more forehands than backhands. We serve with the same arm thousands of times. And it's not just tennis — think about everything you do in a day. We sit with our arms down and shoulders slumped forward. We wear shoes with heels. Most daily activities involve pushing — strollers, shopping carts, gas pedals.

“Balance is the goal. Not just strength.”

DAILY HABITS

- Hang from a bar for a few minutes daily
- Pull shoulder blades back throughout the day
- Walk barefoot at home instead of shoes
- Walk on your heels occasionally
- Spend a few minutes walking backwards daily

IN THE GYM

- Balance bench press with rows
 - Balance squats with deadlifts
 - Add supination exercises for elbow and wrist problems
 - Think balance in every workout
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You are only playing tennis.

Tennis is your passion. Maybe your addiction. But doing the same motions over and over creates repetitive stress that your body never fully recovers from.

“Martina Navratilova played full court two-on-two basketball every single day during her career. It built her conditioning, her footwork, and her mental toughness.”

Soccer players develop amazing footwork that translates directly to court movement. Baseball players have more natural service motions because they know how to throw. Cross training doesn't take you away from tennis — it makes you better at it.

TRY THIS

Once per week, replace one tennis session with weight training, swimming, yoga, or a completely different sport. Give it four weeks. Your injuries will decrease. Your tennis will improve. Those two things happen together.

Less pain. More tennis.

I built Black Tie Orthopedics for tennis players who want to stay on the court — without surgery, without medications, and without the runaround of the standard medical system.

If you're in the Baltimore area and you're tired of sitting on the sideline — book a free call. Let's figure out what's actually keeping you off the court and get you back where you belong.

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