

Lateral epicondylitis (tennis elbow; racket sports)

Common with backhand problems, such as leading with the elbow and wrist into the shot (Fig. 1) and dropping the racket head below the wrist (Fig. 2)



Fig. 1 - The elbow leads into the shot and the wrist is excessively cocked



Fig. 2 - The racket head has now dropped below the wrist increasing tension on the wrist extensors.



Fig. 3 - The racket head is in the optimum position, above the wrist and elbow, not leading into the shot.