

Squash Ladder

Useful for most injuries and particularly tennis elbow because the player can anticipate where the ball is going and will not be wrong footed.

For golfer's elbow problems use the steps in different order, as follows: 5, 7, 6, 2, 3, 4, 8, 9 and 10.

Practise with a willing partner, work for 5 minutes at each level. Start each training session from the lower steps. Stop at the first sign of pain, but if the pain settles within 20 seconds, continue the exercises. Otherwise stop, wait 24 hours, begin from first step . Concentrate on gripping with third, fourth and fifth fingers and releasing thumb and index finger.

1	Serves. These should be painless throughout training.
2	Forehand drive. Play for length down the side wall.
3	Forehand boasts. Hit forehand boast, partner hits backhand cross-court, Repeat and do not hit any other type of shot
4	Forehand cross-court. Hit forehand cross-court, partner hits backhand boast. Repeat and do not hit any other type of shot
5	Backhand drives. Practise drive for length down side wall.
6	Backhand cross-court. Hit backhand cross-court, partner hits forehand boast. Repeat and do not hit any other type of shot
7	Backhand boast. Hit backhand boast, partner plays forehand cross-court.
8	Paired boast and drive. Hit forehand boast, partner hits straight backhand drive. Hit backhand boast, partner hits straight forehand drive. Repeat. Swap position with partner.
9	Smash. Concentrate on holding racket with third, fourth and fifth fingers, relax thumb and index finger (See attached illustrations) Try to avoid face-on position.
10	The long game. Use special rules where the ball must bounce over the half line but a hard drive bouncing to a good length is allowed. The player forced to play a drop shot loses point.
11	Start match play. Begin with easy low-grade matches.
12	Fit again. Play at normal grade.