

Mayo Clinic Minute

Why tennis is great for the heart and mind but rough on the wrist

Video	Audio
	Studies show playing tennis is one of the healthiest things you can do.
	It's good for your heart and brain, and can even help you live longer.
	But it can also be quite rough on your wrists.
00:00:29	"We see a lot of tennis injuries, especially in the younger patients."
	Dr. Sanj Kakar, a Mayo Clinic orthopedic hand and wrist surgeon, says there are two main causes of these tennis wrist injuries.
00:00:33	"Some have poor mechanics. Some have the wrong equipment."
	He says it's common for young children to have wrist injuries from using racquets and tennis balls that are too big or heavy for them.
	More commonly for adults, injuries come from mechanics issues.
00:01:10 Sanj Kakar, M.D. Orthopedic Surgery Mayo Clinic	"One of the most common that we see, especially with the double-handed backhand or the single-handed backhand, is injuries to the ulnar side of the wrist."
	A bad swing can put too much pressure on certain ligaments, causing pain and soreness.
	Treatment can range from simple rest, to hand and physical therapy, to corticosteroid injections to – in the worst cases – surgery.
	But he says your best option is to avoid injuries in the first place.
00:03:42	"That means taking lessons with a licensed professional. Having the correct equipment."
	For the Mayo Clinic News Network, I'm Ian Roth.

