

Tennis following a concussion

Tennis is a **low-risk sport** for concussion. While deliberate contact is absent, risks arise from:

Because tennis requires **fast reactions, visual tracking, and split-second decision-making**, it's vital to follow a gradual return pathway. A rushed return risks impaired coordination and reaction time — increasing chances of further injury.

Earliest day post-injury	Notes	Activity
Day 8	Can start this stage even when still symptomatic but exercise should not significantly worsen symptoms.	<p>Low risk exercise & training Gradual increase in self-directed exercise (running, stationary bike, swimming) supervised weight training etc. Light resistance or body weight training Focus on fitness</p> <p>Tennis specific exercise - Shadow swings (forehand, backhand, serve) with no ball. - Short-court rallies at slow pace. - Controlled feeding drills (coach drop-feeds balls at low speed). - Serve technique without hitting at full pace.</p>
<p>R2P Medical Assessment to assess fitness to start a Gradual Return to Sport</p>		
Day 15	Only if symptom free at rest for the preceding 14 days	<p>Gradual Return to Tennis training Consider starting with reduced intensity sessions, building up as tolerated.</p> <ul style="list-style-type: none"> - Groundstrokes at full pace from basket/coach feed. - Serve practice at increasing intensity. - Point-construction drills (coached patterns, predictable sequences). - Light rallying across full court at match speed (but structured, not competitive). <p>If remains well, progressing to: - Full match-play practice. - Competitive rallies at high speed. - Serving and returning at match intensity.</p>
<p>R2P Medical Assessment to assess fitness to return to unrestricted sport</p>		



Day 21	Only if symptom free at rest for the preceding 14 days AND symptom free during previous stage	Return to full competitive tennis
--------	---	-----------------------------------

