

## **Abstract**

**Title:** Tennis Injuries and Their Prevention

**Objectives:** To summarize current information about the most frequent injuries of tennis players, their causes and possible prevention on the basis of scholarly and professional literature.

**Methods:** The Bachelor's thesis is carried out as an overview study analysing scholarly and professional literature that deals with the most frequent injuries and their prevention with tennis players. The main goals of work were to search for various professional articles containing the topic of tennis injuries, their appropriate prevention and rehabilitation as well as enlarge the knowledge of these injuries, their causes and possible localization on various parts of body. Another goal was to raise awareness of proper recovery during the performance period as well as appropriate rehabilitation and compensation exercises during the injury.

**Results:** The relevant literature shows that most of the tennis injuries are caused by overload, which means players spend more time than optimum on the tennis court. Another cause of these injuries is an incorrect performance of tennis shot, for which tennis coaches are partly to blame too. Therefore, it is important that the coaches insist on the correct technique from the early childhood of player. Almost all tennis injuries can be healed through conservative treatment such as sufficient relaxation, massages, rehabilitation and compensation exercise. It is appropriate for sportspeople to relax and recuperate regularly so that they prevent these injuries from happening and consequently they can fully devote themselves to the sport. The more complex and well-structured the rehabilitation is, the quicker and safer the comeback to the game is.

**Key words:** Overload, muscle imbalance, injury, injury prevention,