

Tennis influences the posture of the athlete only one-sided which is the reason of muscle imbalances. These imbalances together with overloading and other inner and outer factors are critical at injury incidence. This work is mostly about tennis injuries caused by overloading, mechanism of its origin and usual localization. There are also noticed rules of compensatory exercises – stretching, relaxing and strengthening. Special attention is given to practising of the correct breathing stereotypes, activation of deeper stabilization system and stabilization of sole.