

## **Abstract**

**Title:** Compensatory Exercise in Tennis

**Objective:** To summarize the knowledge of the unilateral load of tennis players and subsequently to propose a compensation program.

**Tasks:** The first task of this thesis paper is to describe and explain the topic of compensatory tennis practice using available domestic and foreign literature, theses, and professional and scientific articles. The second task is to analyze the necessary components of tennis players' performance related to issues of unilateral load and imbalance from the available literature and build a program of exercises on this basis to prevent and eliminate muscle imbalance. The last task of the paper is to characterize the effect of compensatory exercises in the training for tennis players resulting from the analyzed literature and to summarize the knowledge of unilateralism in sports.

**Methods:** Comparative analysis of literature dealing with the topic of compensatory exercise.

**Results:** The analysis of available literature cannot clearly identify the most appropriate compensation exercise for tennis players, since the latest literature dealing with tennis compensation training was written in 1990. The proposed comprehensive compensation program for tennis players was compiled from personal experience and the analysis of the available literature.

**Key words:** posture, muscular imbalance, unilateral load, compensatory exercise