



Biomechanical Principles of Tennis Technique: Using Science to Improve Your Strokes

Duane Knudson PhD

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The science of tennis technique is explained in this guide that practically applies the lessons learned from studying the forces and motions of tennis strokes. Through the implementation of six basic biomechanical principles players can make subtle adjustments to their strokes, creating stroke variations that not only improve their game but also reduce their risk of injury. Detailed line drawings; stroke analysis and sequence photos of top touring pros; action photographs and high-speed video images; and an exploration of the benefits of video replay provide players with a variety of useful techniques.

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