



# How to Return Safely to Tennis After a Long Break

January 12th at 6:30pm

Use the link below to register for FREE!

<https://forms.gle/WiYw3g2eci1kbZxu7>

## Do you know YOUR injury risk factors?

Proper knowledge of training, conditioning and technique can either facilitate or hinder health and performance. Our lifestyle, habits and routines were altered and challenged during the COVID-19 pandemic making us more predisposed to injury. We will discuss how to navigate lowering your risk factors, identifying key characteristics of common tennis injuries and how to prevent them. From warming up, to safe return to court activities, Veronika will discuss the impact your choices and preparation can have on your body and performance. Great for professional or recreational players!

## Tennis Center at Sand Point

This informational talk will be held over Zoom!

[www.tenniscentersandpoint.com](http://www.tenniscentersandpoint.com)

[www.peaksportsandspinept.com](http://www.peaksportsandspinept.com)



Veronika Maass, PT, COMT, ITPT, Cert MDT