



ADULT TENNIS 10+: Warm-Up and Cool Down Program Research Study

Purpose of the study: Does a warm-up/cool-down program reduce injury rates in adult tennis players?

Principle Investigators:

- Neeru Jayanthi, MD (Director, Emory Tennis Medicine, Director, Emory Sports Medicine Research and Education)

You are eligible to participate if:

- You are **18-75 years of age**
- You participate/compete in an **adult recreational tennis league**

If you agree to participate in the study, you will be asked to:

- Learn and implement tennis-specific warm-up/cool-down routine.
- Complete a survey about your current tennis-specific training methods, warm-up routines, and injury history. Brief follow-up survey every 3 months (max 1 year)

Location of study:

- Remote: Secure on-line surveys will be sent with instructions/videos on Tennis 10+

Incentive:

- \$25 gift card for completion of surveys and warm-up/cool-down instruction



If you are interested in participating in this research study, please contact us at:
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