

# Adaptive Tennis Fact Sheet

## USTA MIDWEST

The United States Tennis Association's mission is to promote and develop the growth of tennis. USTA Adaptive Tennis was started to promote the benefits of tennis for all and to develop techniques and resources for adaptive players.

Tennis has many benefits for both mind and body for everyone. Playing tennis helps improve balance, mobility, agility, strength and fitness, and burn calories. Mentally, tennis works on one's focus, concentration and reactive and problem-solving behaviors. Emotionally, it can promote self confidence, instill feelings of success, relieve stress and provide social outlets; for example, to meet new friends, enhance relationships or provide great family outings. It's been proven that tennis reduces cardiovascular disease and adds years to life expectancy. These benefits are so much more important for those with disabilities or those in unique life situations or with unique circumstances.

USTA employs best practices for all adaptive players including a person's first language, adaptations or modifications to allow success and clear communication.

### **USTA Adaptive Tennis recognizes three main categories**

#### **Recovery/Physical Conditions or Disabilities/Sensory Impairments:**

For individuals with amputations, cerebral palsy, hemiplegia, congenital conditions, aging, diabetes, multiple sclerosis, traumatic brain injury, muscular dystrophy, stroke, epilepsy, arthritis, hearing and visual impairments and Little People.

#### **Developmental/Cognitive Conditions or Disabilities:**

For individuals with learning disabilities, epilepsy, autism, cerebral palsy that includes more severe cognitive delay, Down Syndrome, developmental delay, intellectual disabilities, etc.

#### **Emotional, Social or Invisible Injuries:**

For individuals with behavioral concerns or consumers of mental health services, substance addiction recovery, mental and physical trauma, TBI, and persons within the juvenile justice system.