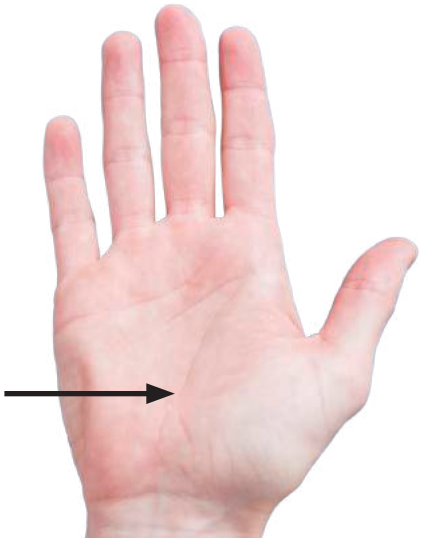
Training tip

There are conflicting results regarding the influence of tennis racket grip size on forearm muscle activity.[203,204] Biomechanical modelling has implied that extensor tendon loading could be reduced with appropriate grip size;[205] however, Hennig pointed out that "Tennis rackets behave differently during actual play compared with the performance predicted by physics."[206] The argument for appropriate grip size is often that it will reduce muscle fatigue; however, Hatch et al. found that 'oversized' or 'undersized' did not result in significant variability in extensor carpi radialis brevis or extensor digitorum communis electromyographic activity.[204] They suggested improper form was more of a problem.

The industry standard for determining grip size is:

Step 1

Place your hand out flat with fingers together. Identify the bottom lateral crease of your palm.



Step 2

Measure the distance (in inches) from the bottom lateral crease to the tip of the ring finger with a ruler.

Step 3

Use the corresponding European racket size from table 1.

Note: If you are between racket sizes use the one below. This is because it is not easy to reduce the grip size of a tennis racket once bought so it is best to buy a racket that is the right size or slightly below and then apply a heat shrink sleeve if you need to increase it.

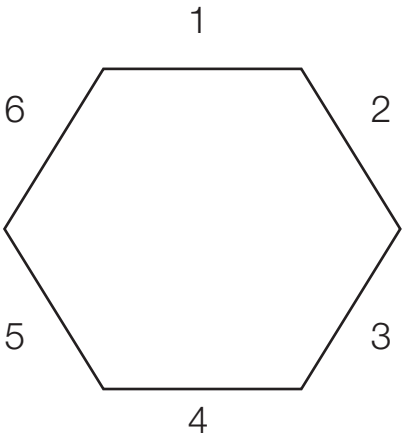
Table 1

Inches	cm	Europe
4	10.16	L0
4 1/8	10.48	L1
4 1/4	10.80	L2
4 3/8	11.11	L3
4 1/2	11.43	L4
4 5/8	11.75	L5

Alternatively you can measure ideal grip size by holding the racket as follows:

Step 1

The tennis racket is divided into 8 bevels.



Step 2

Use an eastern forehand grip (palm is on the same bevel as the string face – bevel 3).

Step 3

Place the index finger of your non-hitting hand between your fingers and your palm.

Ideal: finger fits without overlapping or gaps

Too small: there isn't enough room for your index finger.

Too big: there is space between your fingers and palm.