

# Netters beware: Tennis elbow is dangerous

By DAVID W. STEWART

When you get that searing pain in your elbow, you won't forget the feeling.

You can get it pounding nails, pulling weeds, pitching baseballs or playing the violin. The problem is the same, but its severity varies. Some people can continue playing with "tennis elbow," and others can't pick up a coffee cup.

The problem seems to strike most frequently those players over the age of 30. Champions like Margaret Court, Rod Laver, Billie Jean King, Marty Riessen and Arthur Ashe all suffered

the injury late in their careers.

Australian Tony Roche developed "tennis elbow" while he was seeded second in the world to Laver. After two operations, the first in America and the second in England, the pain was still too severe for him to return to tournament tennis.

A friend suggested Roche visit a "faith healer" in the Philippines. Roche, desperate for a cure, made the trip. Without the use of surgical instruments, the "faith healer," according to several persons present, removed with his fingers a large blood clot from Roche's body. Roche, miraculously or otherwise, returned to world-class

competition and recaptured some of his old form.

PEOPLE SOLVE their problems in many ways, but I have never heard of read of the same panacea for everyone. Many players have used cortisone and others have used acupuncture, arm bands, braces, and a number of players have had successful operations. Other players have just rested until the pain disappeared.

I'm not a doctor, and I would never attempt to explain the problem or describe what is happening inside the elbow area or suggest a cure.

But I can tell it is painful — very painful.

I had it once and an orthopedic surgeon told me rest was the best cure. I took his advice and after the pain went away I started playing again. The pain has never returned.

I would like to offer a few suggestions for preventing the injury and, if you have suffered the pain, its recurrence.

The first and easiest step is to find a teaching professional you believe in and have him or her check out your stroke execution. Many times the problem occurs because the player is executing the stroke incorrectly.

A second preventive measure is the strengthening of the muscles to handle

the punishment the arm gets because of the majority of the balls not hitting the center of the racquet.

A friend told me he bought himself a device to strengthen his forearm while he was driving to work. He said he got "tennis elbow" using the device. I asked some questions and discovered he immediately started exercising on the way to work and on the way home. He didn't realize he was doing the same harm to his arm as would have occurred playing tennis.

THERE IS a wonderful exercise which will help prevent "tennis elbow." Get a heavy duty rubber band. Put it

around your fingers and thumb and force them to spread apart as far as possible. Do it as many times as you can and as frequently as possible.

Work out with light weights. There are a number of excellent exercises for the wrist and forearms. You don't need heavy weights, but you must stick to a workout schedule if you want the benefits. The biggest problem with weights or any exercise program is that people often quit them too soon.

You may never get "tennis elbow," but if you are over 30, and if you don't do something to prevent it, you run the risk of suffering the dreaded ailment.

## Grid standings

AREA GRID STATS  
(As of Oct. 11)

### OVERALL STANDINGS

	W	L	GB
Southfield	5	0	-
Bloomfield Hills Lakser	5	0	-
Detroit Country Day	5	0	-
Farmington Harrison	5	0	-
Troy High	4	1	-
West Bloomfield	4	1	-
Brother Rice	4	2	-
Bloom. Hills Andover	3	2	-
Auburn Hts. Avondale	3	2	-
North Farmington	3	2	-
Birmingham Seaholm	2	3	-
Farmington	2	3	-
Walled Lake Western	2	3	-
Cranbrook	2	3	-
Birmingham Groves	2	3	-
Troy Athens	1	4	-
Southfield-Lathrup	1	4	-
Ol. St. Mary's	1	4	-
Walled Lake Central	1	4	-
Rochester	1	4	-
Rochester Adams	0	5	-

### Greater Oakland Activities League

West Bloomfield	3	0	x
Bloom. Hills Andover	2	1	1
Waterford Kettering	2	1	1
Clarkston	1	2	2
Rochester	1	2	2
Milford	0	3	3

### Metro Conference

Detroit Country Day	4	0	x
Lutheran West	3	0	1/2
Harper Woods	3	1	1
Cranbrook	2	1	1 1/2
Hamtramck	1	3	3
Lutheran North	0	3	3 1/2
Lutheran East	0	4	4

### Southeastern Michigan Association

Southfield	3	0	x
Hazel Park	3	0	x
Royal Oak Kimball	1	2	2
Birmingham Seaholm	1	2	2
Ferdale	1	2	2
Berkley	0	3	3

### Metro Suburban Association

Bloomfield Hills Lakser	3	0	x
Royal Oak Dendero	3	0	x
Birmingham Groves	2	1	1
Southfield-Lathrup	1	2	2
Troy Athens	0	3	3
Rochester Adams	0	3	3

### Catholic — Central

Catholic Central	2	0	x
Brother Rice	1	1	1
Bishop Gallagher	1	1	1
Norte Dame	0	1	1 1/2
Bishop Borgess	0	1	1 1/2

### Catholic — Class C

St. Florian	4	0	x
Detroit Benedictine	3	1	1
Redford St. Agatha	2	1	1 1/2
Ol. St. Mary's	1	2	2 1/2
St. Andrew	0	3	3 1/2
St. Ladislav	0	3	3 1/2

### Northwest Suburban League

Redford Union	3	0	x
North Farmington	2	1	1
Garden City East	2	1	1
Westland John Glenn	1	2	2
Livonia Franklin	1	2	2
Redford Thurston	0	3	3

### Oakland A League

Romeo	2	0	x
Utica Eisenhower	1	0	1/2
Utica	1	1	1
Utica Ford	0	1	1 1/2
Chippewa Valley	0	2	2
Lake Orion — No football	0	2	2

### South Division

Troy High	2	0	x
Clawson	2	0	x
Auburn Hts. Avondale	1	1	1
Madison Hts. Lamphere	1	1	1
Madison	0	2	2
Oxford	0	2	2

### Inter-Lakes League

Farmington	2	0	x
Livonia Stevenson	2	0	x
Waterford Twp.	2	1	1/2
Milford Lakeside	1	2	2
Walled Lake Central	0	3	2 1/2
Pontiac Northern — No football	0	3	3

### Western Six League

Farmington Harrison	3	0	x
Livonia Churchill	3	0	x
Norville	2	1	1
Walled Lake Western	1	2	2
Waterford Mott	0	3	3
Plymouth Canton	0	3	3

## PINE LUMBER'S FALL FIX-UP SALE

plywood studs

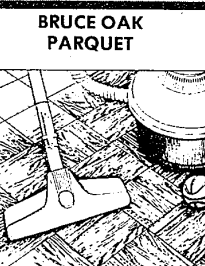
**DOUGLAS FIR EXTERIOR GRADE GOOD ONE SIDE**

4x8—1/4"	\$10.28
4x8—3/8"	\$12.98
4x8—1/2"	\$15.25
4x8—5/8"	\$18.49
4x8—3/4"	\$20.95



**CONSTRUCTION GRADE**

2x4x7'	\$1.19
2x4x8'	\$1.39*
2x4 UTILITY PLATE	21¢



**BRUCE OAK PARQUET**

CUMBERLAND II	\$2.39
— SELF STICK	
— MOISTURE BARRIER	

**NOVOPLY SHELVING**

1-1/8x12"x3"	95¢
1-1/8x12"x4"	\$1.25
1-1/8x12"x6"	\$1.89
1-1/8x12"x8"	\$2.49

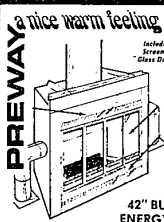
**HANDY PANELS**

3/4"x2"x2'	\$1.85
3/4"x2"x4'	\$3.70
3/4"x3"x4'	\$5.55

**NO. 2/STANDARD WHITE PINE**

REG. PRICE	SALE PRICE
1"x2"—11 lb. ft.	10 lb. ft.
1"x3"—14 lb. ft.	13 lb. ft.
1"x4"—18 lb. ft.	16 lb. ft.
1"x6"—30 lb. ft.	24 lb. ft.
1"x8"—39 lb. ft.	31 lb. ft.
1"x10"—47 lb. ft.	39 lb. ft.
1"x12"—64 lb. ft.	55 lb. ft.

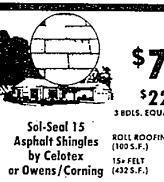
fireplaces



**FEATHERLITE PATIO STORM DOOR**

4x6 B	\$99.95
4x6 B	\$104.95
COMBINATION STORM DOOR M-600	
Self-storing 32x60 or 36x80	
MILL FINISH	\$45.95
BRONZE FINISH	\$49.95

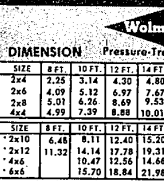
doors



**CONSTRUCTION GRADE**

	10	12	14	16	18	20
SFF 2x4	2.77	3.21	3.68	4.65	5.22	6.09
SFF 2x6	3.62	5.59	6.72	7.54	9.18	9.93
SFF 2x8	4.78	6.76	7.50	8.59	9.72	13.36
SFF 2x10	5.97	9.49	12.15	13.41	13.80	15.35
SFF 2x12	12.35	14.82	17.29	19.76	23.57	26.19

lumber roofing



**Wolmanized Pressure-Treated Lumber**

SIZE	8 FT.	10 FT.	12 FT.	14 FT.	16 FT.	18 FT.	20 FT.
2x4	2.55	3.14	4.30	4.80	5.70	6.25	6.94
2x6	4.09	5.12	6.97	7.67	8.98	10.82	12.87
2x8	5.01	6.26	8.49	9.53	10.97	12.63	14.54
2x10	6.93	7.39	8.88	10.01	11.45		

ceilings



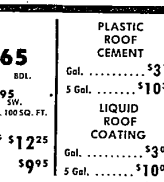
**OWENS/CORNING SUSPENDED CEILINGS**

GRID SYSTEMS	17' MAIN BEAMER
2x4 SANDSTONE	\$1.95
2x4 CAMBRIDGE	\$2.15
2x4 CAMBRIDGE	\$2.15



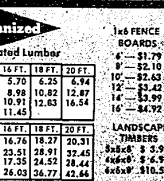
**New Energy-Miser Fireplaces**

36" BUILT-IN ENERGY-MISER	LIST \$634.95
NOW	\$439.95
42" BUILT-IN ENERGY MISER	LIST \$702.80



**PLASTIC ROOF CEMENT**

5 Gal.	\$3.15
5 Gal.	\$10.35
LIQUID ROOF COATING	
5 Gal.	\$3.05



**10' ALUMINUM GUTTER — \$5.85**

10' ALUMINUM DOWNSPOUT — \$4.05
---------------------------------



**ECONOMY GRADE**

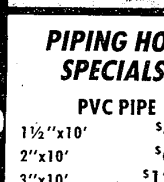
2x4x7	75¢*
2x4x8	89¢*
1x6 ROOF BOARDS 18' L.F.	

cabinets



**25% OFF FACTORY LIST MERILLAT CABINETS**

cdx



**SHEATHING PLYWOOD**

4x8—3/8"	\$7.29*
4x8—1/2"	\$8.29*

plumbing



**PIPING HOT SPECIALS**

1 1/2"x1
----------