

A common dilemma with the volley is when players release the wrist and the racquet head drops. The Volley Doctor solves this problem.

Position your racquet hand as if you were holding a continental grip and Velcro the Volley Doctor onto the racquet hand wrist with the logo facing up. Then, with the other hand, slide the racquet handle down through the hole so the green material faces towards the head of the racquet. Adjust the position of the loop upwards around the grip so you can grip the racquet to volley and feel the Volley Doctor helping you hold the racquet head up.

Remember that the angle between the racquet and the forearm is the issue. It should be between 90 and 135 degrees.

Use the Volley Doctor for 10 hits and then see if the correction can be maintained without any assistance.

