

Too many players incorrectly hit forehand groundstrokes with an isolated arm motion and their shoulder as the center of rotation. Through scientific studies, we now understand that the entire body must efficiently work as a unit to hit an optimal forehand, a stroke with maximum power and control, yet without excessive effort. Along with ground forces (bending in the knees), body rotation is the key to a better forehand.

The Forehand Rotator guides all levels of players to better “feel” the correct biomechanics, from beginners all the way to highly competitive players.

Simply place the Velcro comfortably around both biceps and adjust the resistance tube to fit snugly across your upper back. Note that the tube should not sag. Hit balls softly at first to feel how the racquet arm coils the other arm in preparations and uncoils the entire upper torso during the swing and finish or release phase of the stroke. After several shots with the Forehand Rotator in place, try hitting without it and make sure your improved feel and corrected swing pattern is maintained. If not, repeat the process. NOTE: The final photo shows point of contact. The player will rotate to complete the follow-through (not pictured)

