



Senior Tennis Times

The 50+ tennis experience

November
2012

Senior = Old?

Don't let the word Senior throw you off! This is a club for active people over the age of 50. We are still trying to find a word to replace Senior with something that doesn't signify "old". As you can guess, being a tennis organization doesn't fit old or senior. Maybe we should have a contest to find an appropriate name for this wonderful group of people.



This is just a reminder that your **membership renewal** will be coming in a few days. Please return it right away—makes life much easier for our volunteers. One thing: check that your **birth date** is correct. Many of us didn't fill it in last year, so what you'll see is our database wizard's **best guess**.

Our membership fee is \$25.00 yearly, still the "best bargain in town." It is important to renew and interest other people in joining. So you "young at hearts," keep moving around the courts and prove that the word Senior means nothing, except for maybe getting discounts!

On the inside

Page 3. In Mark's corner, Mark talks about Saturday tennis. An opportunity for those of you working Monday-Friday, plus an introduction to Life Time 98th, where we have a special membership program.



Page 6. The October Tennis Mixer is Saturday, October 27. Still some space available.

Page 8. Known and loved by many of us, Gordy Managie died suddenly last month. Read this tribute to him written by his long-time friend Connie Waterous.

Page 9. Bill Cosgrove follows up last month's article on rotator cuff and MRIs with a dialogue between Bill and Terry Buisman, PT.

***Your renewal is coming!
Please send it in right away!***

Tennis events

By Bob Busch

Players with Minnesota connections participated successfully in 2012 on the national and international level. Major pro tour players Mardy Fish, Edina, and Bethanie Mattek-Sands and Eric Butorac, both of Rochester, enjoyed success at the highest level of play. Other players that demonstrate the strength of our Minnesota programs with their recent success include Jessie Aney, David Nash and Bridget Doyle. Highlights of their recent achievements follow.



Aney in Nike final

Jessie Aney, the highly talented player from Rochester, reached the finals of Girls 14 Singles at the Nike Junior Tour National Masters at the Evert Tennis Academy in Boca Raton, Florida. Aney won three matches before losing to Sofa Kenin of Pembroke Pines, Florida, 6-2, 7-5. St. Paul player Alexis Nelson also competed in the tournament, reaching the semifinals.

Nash reaches world final

USTA Northern Hall of Fame player David Nash of Bloomington reached the doubles final in the 2012 International Tennis Federation Super Seniors 65 World Championships in Umag, Croatia. Nash and partner Keith Brand of Great Britain won three doubles matches before losing to a Spanish team of Jorge Camina Borda and Jairo Velasco Rameriz 6-4, 6-1. Nash also competed in singles and lost to a player from the Czech Republic 6-2, 4-6, 6-3. September was a

(Tennis events—continued on page 5)

October tennis mixer

October 27, 6:00-9:00 PM

At PublicIndoorTennis.com

Information & signup page 6

Butorac MN Tennis Challenge

November 17, 5:00-10:00 PM

Featuring the Bryan Brothers!

For information and tickets: www.ebmntc.com

Senior Tennis Players Club, Inc.

A nonprofit corporation, P.O. Box 5525
Hopkins, MN 55343

On the web: www.seniortennismn.com

Senior Tennis Times

The Senior Tennis Times is published ten times annually by and for the members of the Senior Tennis Players Club, Inc.

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Advertising

Send by email or USPS to the newsletter editor by the 15th of the month for publication the following month. **Please send all payments to the newsletter editor.**

Ad rates (first month/additional months):

Full page (7.5x10) \$165/135

Half page (7.5x4.9) 110/85

Half page on back cover 125/100

Quarter page (3.7x4.9) 70/50

Eighth page (3.7x2.4) 45/30

Business card special 30/20

Horizontal strip ads: \$55 first two inches; \$20 each additional inch. Vertical: \$75 first two inches; \$25 each additional inch.

2-line ad (members only), first three months free, then \$5/issue. Additional lines \$5/issue.

Membership information changes, newsletter delivery problems, etc., can be made by writing Senior Tennis Players Club, P.O. Box 5525, Hopkins, MN 55343 or email dsommer7@usiwireless.com.

November 2012, Vol. 25, #9

Membership total: 1363

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Letters to the editor

*Editor's note: We welcome letters, and also Peeves. I invite readers to submit their own Peeves. It's OK to be peevish—**anonymity protected if you wish.***



Over 70 club anyone?

I know an "Over 80" social club exists within Senior Tennis—or at least among members. They get together on a regular basis for lunch, etc. Is there such a thing as an "Over 70" social club? I'd love to be a part of such a club. Anyone? Please call if you know.

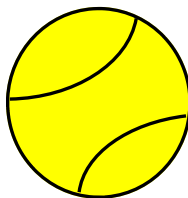
—Carol Hall 651-731-5127

Perry pummeled from pillar to post

Steve Keefe's somewhat combative critique of my "Trinity" of tennis peeves printed in the September Senior Tennis times provokes me to respond. I do not play with wooden rackets as he suggests. In fact, only a week ago I had my plastic framed racket restrung by Tina at Reed-Sweatt Family Tennis Center. Maybe I became taut too. I do not know how I earned the appellation of an "icon". In fact I described myself as a "grumpy old man". Steve purports to present authoritative techniques. I contend that his procedures do not reflect the real world of senior tennis. He has a 3.5 skill rating, so he is 0.5 better than I am. Since my Aeronautical Engineering was during the heyday of the hot air balloons, maybe the DNA rubbed off on my communications. However, I am 93 years old, much more experienced and therefore wiser than he is. Printed in Google.com –Tennis Etiquette, there are "**Official Rules**" and there is

(Letters—continued on page 7)

As a non-profit organization, the Senior Tennis Players Club gratefully accepts donations, memorials and estate gifts.



Mission Statement

The primary purpose of the STPC is to provide tennis playing opportunities to people 50 and older for their mental, physical, and social well-being; and to support the growth of tennis.

Newsletter Submissions

To help make the newsletter as correct as possible, please submit all items in writing only, by mail or email. The deadline is the 15th of the month for publication the following month. All material submitted for publication is subject to editing. Enclose a self-addressed stamped envelope if you want materials returned.

Send your submissions to:

David Sommer, 3657 17th Avenue S, Minneapolis, MN 55407.

Email: dsommer7@usiwireless.com.

Opinions expressed in articles, letters or advertisements are those of the author, and do not necessarily represent views of the newsletter editor or the Board or officers of STPC.

Mark's corner

By Mark Mudra

Baseline Wednesday drill

The new Wednesday class at Baseline (where we rebate \$2.50 to cover your parking), is a drop-in class, all levels welcome, at one of the best tennis facilities in the country. We usually warm up with volleys, ground strokes and service drills, then ½ hour on drills that focus on the skill of the month. Finally, we play doubles for the last ½ hour.

Where else can you play tennis for 1½ hours for \$4.50?

The drill is Wednesday at 9:30 AM. There is a lot behind Baseline where parking is \$4.00 all day or there are meters for \$1.25 an hour next to Baseline (see our web site for details on location and parking at Baseline)—click Tennis Schedule.

Life Time 98th St. Saturday tennis

For years I've heard the complaint that we don't have any Saturday tennis. Now thanks to Life Time we do. For participants in our Life Time Unlimited program, we have free courts 7 days a week. On Saturdays, we now have tennis 2-4 PM. That means use of courts, ball machine and I'll be there most Saturdays if you need someone to hit with.

Get to know Life Time: Open House Tennis

Players wanted

Reed-Sweatt Tuesdays 9:00-10:30. Subs needed for 2.5-3.0 MW. Start play September 4. Donna Borgerding 612-721-7038 or 612-810-4549.

St. Paul Indoor Mondays 7:00-9:00, 3.0-3.5 MF. Need 2-3 regulars and more subs. Peter Plagemann 651-633-0466.

Reed-Sweatt Thursdays 10:00-11:30, 3.0-3.5 mixed doubles. Need two men regulars plus subs. Greg Lipelt 612-724-9871.

Fred Wells Fridays 9:00-11:00, mixed doubles 3.0-3.5. Men & women subs needed. Caryl Minnetti 952-884-5136.

WOW (Women on Wednesdays) is looking for players 2.5-3.5 for team play. If interested for next summer, call Ginnie Bergman 763-785-1350, Kim Fernelius 612-554-3750 or Audre Sautter 612-209-1547. We'll call you in the spring when plans are firm.



Saturdays—two hours of tennis at Life Time 98th Street on November 10 and December 8 2-4 PM for all STPC members, all levels of players for only \$7.00. We had our first open Saturday tennis in September, and over 40 STPC members attended. On Saturday November 10 from 2-4 PM we will feature two hours of tennis including use of ball machine and free food and drinks. Our guest speaker will be Jon Holmgren, STPC Board Member. He will discuss and perform free elasticity testing of your racquet stings.

The unlimited tennis pass program at Life Time fitness, has over 15 STPC members participating. See the flyer on the web site under “tennis schedule” for details.

For less than \$25.00 a week you can play in non-prime hours 7 days a week. You also get two free weekly drills and a weekly fitness class:

- Tuesday 9:00-10:30 AM drill by Mark Mudra
- Friday 9:00-10:30 AM drill by Mike Johnson, Life Time director of tennis or his staff
- Tennis fitness class, Tuesday 10:30 AM, taught by Life Time's staff trainer Jesse Schultz

See the lesson schedule on p. 4 for the November skill.

Monthly fitness tip

This month's fitness tip is **whey protein** from Life Time Fitness Director Jesse Schultz.

What exactly is Whey Protein?

Whey protein is one of the highest-quality proteins available for commercial use. Whey is the protein-rich liquid left over after milk has been processed into cheese. Any moisture remaining is then removed by drying, which leaves behind a powder that is low in fat, high in protein.

Aging and Protein. By ages 70 to 80, both men and

(Mark's corner—continued on page 5)

Want ads

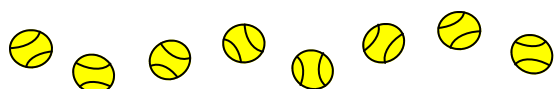
These two-liner want ads are available to all STPC members. Your ad is free for three issues. After that, there is a charge of \$5 per publication.



Time for fall/winter project? Kitchen, bath, paint, lighting/electrical, plumbing, tile. High quality attention to detail. Home Improvement Specialist 612-710-7055, ericostergaard@yahoo.com.

WANTED old Prince Thunder Rip racket. Call Peg 952-935-6187 if you have one sitting around.

Rent Villages FL, activities for everyone. Nov-Dec. 2 BR, 2 BA, den, gar, \$1200/mo. 952-935-5670.





Senior Tennis Players Club Indoor Lesson Season

The 50+ Tennis Experience

Lessons and drills—September through April—All levels

No reservations needed—show up and play.

Cost \$7, except where noted

SENIOR TENNIS PLAYERS CLUB

Day	Location	Time	Instructor, Phone, Email
Mon	Reed-Sweatt Family Tennis Center 4005 Nicollet Ave S, Minneapolis, 612-825-6844	1:30-3:00 PM	Dilcia Pederson 612-824-6099 dilcia.pederson@innercitytennis.org
			Duncan Welty 952-933-8592 idwelty@q.com
Tue	Life Time 98th St – only open to Life Time Unlimited Tennis Pass Members. FREE!	9:00-10:30 AM	Mark Mudra 952-833-1469 markmudra@aol.com
	PublicIndoorTennis.Com. 7833 Highway 65 N.E., Spring Lake Park, MN 55432	1:00-2:30 PM	Mark Mudra 952-833-1469 markmudra@aol.com
Wed	Baseline Tennis Center , 1815 4th St SE, Minneapolis, 612-625-1433 (will rebate \$2.50 to cover parking)	9:30-11:00 AM	Mark Mudra 952-833-1469 markmudra@aol.com
	Williston Fitness & Sports , 14509 Minnetonka Drive, Minnetonka 952-939-8370	5:30-7:00 PM	Duane Ryman 612-865-9517 dhrtennis40@hotmail.com
Thu	Reed-Sweatt Family Tennis Center. Coaches Dilcia, Duane, & Duncan rotate with Paul Stormo	8:30-10:00 AM	Paul Stormo 952-944-6286 pjstormo@aol.com
Fri	Life Time 98th St – only open to Life Time Unlimited Tennis Pass Members. FREE!	9:00-10:30 AM	Mike Johnson or his staff
	PublicIndoorTennis.Com. 7833 Highway 65 N.E., Spring Lake Park, MN 55432	1:00-2:30 PM	Mark Mudra 952-833-1469 markmudra@aol.com
Sat	Life Time 98th St. Special! Open to all STPC members these dates: 11/10/12, 12/8/12, 1/12/13, 2/9/13, 3/9/13, 4/13/13	2:00-4:00 PM	Mark Mudra 952-833-1469 markmudra@aol.com

●● Private Club Drills Open to STPC Members ●●

Location	Day	Cost	Time	Information
Reed-Sweatt Family Tennis Center 4005 Nicollet Ave S, Minneapolis	Tue Thu	\$11.00	9:00-10:00 AM	Call 612-825-6844 for reservation.
Williston Fitness Center 14509 Minnetonka DR. Minnetonka, MN 55345	Mon	Williston member \$10, non-member \$14	3:00-4:00, 2.0-2.5	Call front desk to sign up: 952-939-8370
	Wed		8:00-9:00 am, 3.0-3.5	
	Fri		8:00-9:00 am, stroke & play	

November skill: forehand ground stroke

- Target: 4' x 4' square in court corner, 2' from sideline and baseline. Left hip dictates shot direction.
- Slight shoulder turn.
- Weight on back foot.
- Keep head down through the shot.
- Push palm through contact point.

(Tennis events—continued from page 1)

very busy month for Nash who defended his USTA 65 National Grass Court Singles Championship in New Jersey and then led the USA team to victory at both the Gordon Trophy in Canada and against France in Philadelphia. Curtis Wright of Eden Prairie was also on the USA team that won the Gordon Trophy.

Doyle wins ITA title

Bridget Doyle of Mendota Heights, a senior at Carleton College, won the doubles championship with partner Mikayla Becich at the International Tennis Association Division III Central Regional Championships at Gustavus in St. Peter. The regional title secures All-American status for the 2012-13 season for Doyle.

InnerCity Tennis benefit

This major annual fund raiser for ICT is scheduled for Friday, November 9 at International Market Square in downtown Minneapolis and Saturday, November 10 at Reed-Sweatt Family Tennis Center. The Friday evening event from 5:30 to 9:30PM will begin with a reception followed by a sit-down dinner and video presentation. The Honorable Sharon Sayles Belton, former Mayor of Minneapolis, is the special guest for the event. Registrations are \$100 each.

On Saturday, a Family Fun Day is scheduled from 9:00 to 3:00 pm, including a presentation by tennis legend Nick Bollettieri who coached ten players that were ranked #1 in the world. The Family Fun Day will feature skill challenges on court for 2 or 3 person teams of any age and skill level. Prizes will be awarded in a family-friendly carnival atmosphere. Registrations are \$25 per person, available in 2 or 3 person teams. Call InnerCity Tennis 612-824-6099 for tickets.

Participation in this annual benefit will help InnerCity Tennis continue to offer programs free of charge to the community.

High School Girls

Sectional tournaments were being played when this article was submitted for publication. The final coaches' rankings had Blake, Breck and Waseca ranked in the top 3 in Class 1A and Edina, Rochester Mayo and Minnetonka in the top 3 in Class 2A. Edina, favored to win their 16th consecutive title, had a close call in the

(Mark's corner—continued from page 3)

women experience a 20% to 40% decrease in muscle strength. After physical activity, ingestion of 10 to 20 grams of whey protein can improve protein synthesis in both young and older individuals.

final of Section 6 as they escaped with a 4-3 win over Wayzata. Edina won the Lake Conference title on September 27 with a 5-2 decision over Wayzata.

Gopher tennis

Tereza Brichacova of the Gopher Women reached the singles final of the Cal Nike Invitational Tournament by defeating a #2 seed but then lost to #1 seed Cassi Estlander. New head coach Chuck Merzbacher indicated that in addition to Brichacova, both Doron Murvnick and Yuliana Umanets played well against strong competition. He indicated that. "our hard work this fall has really paid off. We look strong and fit." The Gopher Women will be playing tournaments in New York and North Carolina in November and won't return to the U of M Baseline Center until January 19 with matches against both Marquette and Montana.

Whitney Taney, the former U of Michigan and Edina High School star, has been promoted to assistant coach. Merzbacher indicated that "she is an outstanding person, coach and mentor for our student-athletes. We see eye to eye on how we want to build this program."

In late September, Juan Pablo Ramirez and Tucker Saxon of the Gopher Mens team won a doubles title in the Penn Invitational, their first fall tournament. All Minnesota singles players lost in the first round. Coach Geoff Young was happy with doubles play but indicated that we need to get better in singles.

Rok Bonin and Leandro Toledo represented the U of M in the ITA All-American Championships in Tulsa in early October. Both lost in the first round of the main draw but it was the first time in 10 years that the U of M has qualified more than one player for the tournament. For your last opportunity in 2012 to see some high level local college tennis, plan to attend the Gopher Invitational at the Baseline Center, November 1-4. The Gopher 2013 tennis schedule will be published in the December newsletter.

Reward! Sign a new member

Get your autographed copy of Tennis in the Northland, written by Jim Holden. The first 15 STPC members to recruit a new member between October 1 and November 30 will receive a copy. Use the membership application on page 11 of the October newsletter or call Richard Brandt, Membership Director, 612-803-5786.

If you have any questions regarding the protein, or any other fitness question, feel free to contact Jesse Schultz at jschultz@Life Timefitness.com or 952-0830-7900.

Any questions pertaining to any of the above please contact me. Mark Mudra, markmudra@aol.com

October Tennis Mixer

PublicIndoorTennis.com at Spring Lake Park

Mixed doubles. Rotating partners. 32 players only!
You do not need to bring a partner.

Time: Saturday October 27, 6:00-9:00 PM. Play one
90 minute session (either 6:00-7:30 or 7:30-9:00).

Place: PublicIndoorTennis.com—see directions
below.

Cost: \$13/person. Guests welcome.

Light snack food and beverages. Bring your own water bottle.

Limited to first 32 who sign up.

You will be notified as to the time you are scheduled to play. Questions? Call Lee
Peterson 952-270-9472, or Ann Barten 612-724-0712.



From the North: U.S. Highway 10 to Highway 65 South. Take a left on 81st Avenue. Take a quick right at Buchanan Street (you will see the dome straight ahead of you once you get on Buchanan). Take a right on 79th avenue. Take a left on Highway 65 service road.

From the West: Interstate 694 to Highway 65 North. Take a right on Osborne Road. Take a quick left on the service road (follow service road *around Biff's* to dome).

From the East: Interstate 694 to U.S. Highway 10.

U.S. Highway 10 to County 10. County 10 to Highway 65 South. Take a left on 81st Avenue. Take a quick right at Buchanan Street (you will see the dome straight ahead of you once you get on Buchanan). Take a right on 79th avenue. Take a left on Highway 65 service road.

From the South: Interstate 694 to Highway 65 North to Osborne Road - take right. Take a quick left on the service road (follow service road *around Biff's* to dome).

October Tennis Mixer Reservation Form at PublicIndoorTennis.com

Name: _____ Phone _____

Skill Level: 2.5 3.0 3.5 4.0 Email: _____

Send check, payable to STPC, and this form **by October 20** to:
Lee Peterson, 8225 York Ave S, Bloomington, MN 55431

All players must sign the Release Form below:
RELEASE FORM

I agree that any participation by me in the activities of, or sponsored by, the Senior Tennis Players Club, Inc. (STPC), a nonprofit organization, including, but without limitation, activities such as tennis lessons, clinics, drills, rating sessions, camps, trips, playing in or attending tennis games, tournaments, groups or social events, shall be at my sole risk; and I hereby release and hold harmless STPC and its officers, directors, members, employees, agents, tennis pros, tennis clubs, courts and facilities used or licensed by STPC, and all independent contractors with STPC (all being "Associated Others") for all claims of damage, whether due to injuries to person or property; to any direction, conduct, scheduling or claimed discrimination, nonfeasance or malfeasance, or otherwise, arising out of, or occurring in connection with, any such activities or conduct of STPC or such Associated Others.

Signature: _____ Date: _____

Senior Tennis Players Club The 50+ Tennis Experience

Presents Saturday Afternoon Tennis
Two hours of tennis at a great facility

When: Saturday November 10, 2:00-4:00.
Please be there at 1:45 to pay and sign in.
Name tags and court assignments at
registration

Place: Lifetime Fitness 98th Street
(Bloomington South)

Cost: \$7.00

No reservations needed. All levels of

players welcome. Just show up and play

Format:

- Hour 1—drills with Roger Boyer and Mark Mudra
- Hour 2—rotational, second ball doubles

Free use of ball machine

Free food/drinks (protein shakes)

Guest Speaker: Jon Holmgren—
Elasticity and testing of racquet strings

Any questions please email :

Mark Mudra markmudra@aol.com

(Letters—continued from page 2)

“The Code of Tennis”. I claim that somewhere in the latter, there is substantiation for my opinions. So my rebuttal:

#3: **Re standing close to the centerline** as he claims all the teaching pros and coaches recommend. In all my years of senior tennis, I have observed this procedure only a few times. Ergo, senior tennis players are very, very slow learners or their physical ability and reaction time does not favor this procedure. **Editor’s note:** *my coaches have all recommended this position. It is not the only possible position. We’ve covered this in newsletter articles. Some, not all, senior players use this position. Of course, if one’s partner when serving is distracted by this aggressive position, then move.*

#2: **Re picking up the ball lying by the net.** It is done in every tennis match that I see on TV. I referred only to balls at the base of the net. I said nothing about “all loose balls” or balls “in the deep corner”. Somewhere in Google’s plethora of tennis codes of conduct we found: “A ball on court is not considered a hindrance, but it’s definitely expected of the other team to clear the ball out of the way, but even if they don’t, there’s absolutely no reason for continuing play with a ball on court. Like you point out, it can distract some

players...”. **Editor’s note:** *Matches on TV have ball kids to pick up balls. We don’t. Felix did refer only to balls at the base of the net. I don’t rely on a Google “plethora of tennis codes”. There is one official code. It’s called The Code. Here’s the relevant paragraph: “42. Retrieving stray balls. Each player is responsible for removing stray balls and other objects from the player’s end of the court. Whenever a ball is not in play, a player must honor an opponent’s request to remove a ball from the court or from an area outside the court that is reasonably close to the lines....” So if Felix is distracted by a ball at the base of the net, he may request the receiving side to remove it. Many of us are not distracted in this situation.*

#1: **Re returning balls to the server.** I was referring to people who pick up a ball, stuff it in their pocket and slowly walk to the playing position. Returning the ball immediately on retrieving eliminates the delay, if a third ball is needed by the server. **Editor’s note:** *certainly if it is easy and convenient to return the ball to the serving side, do so. But the serving side may also have a “control freak” who insists on return of ball even when doing so delays play. My view: behave so as to avoid delaying play. Leaving ball in pocket is sometimes best.*

—Arreviderci, felix perry

Gifts to Senior Tennis

Members and others often give gifts to Senior Tennis Players Club. Some that we’d like to acknowledge to date this year:

In memory of Lloyd Layton

Susan Moore
John P. Layton
Janine M. Marceau
Sonja Martens
Sue Larson

In memory of Sally Browning

Mary Haviland

Rosalyn Bernstein
Ronnae Wagner
Virginia H. Belford

In memory of Jack Dow

James Dow

Tennis and therapy: a dialogue

By Bill Cosgrove, Tennis Player, and Terry Buisman, Physical Therapist

Note: Physical Therapist **Terry Buisman** and patient **Bill Cosgrove** give their respective takes on the process of rehabbing a rotator cuff. T. Buisman's comments are in *bold italics*.]

So you've had an MRI scan of, say, your rotator cuff (or back or hip or knee). Along with a little shot of Valium for relaxation, maybe, and some Beethoven for sound abatement, and you are awaiting the results. After all the symptoms, tests, exams, and finally the MRI itself, you almost expect there to be something big, dramatic, time-consuming, and of course money consuming at the end of it all. Justice almost requires it, we suspect. And justice will out, regrettably.

It is a common complaint with the "medical process" these days that it takes multiple trips to different providers to get to the bottom of things with respect to a definitive diagnosis. At a time when deductibles and co-pays take a considerable bite out of one's non-discretionary budget, the efficiency of the process has become paramount. The point of all of this is finding the specialist first.

With respect to musculo-skeletal injury and contrary to the way medicine was practiced decades ago, it is no longer the duty of the primary care physician to get to the bottom of things. This task is now falling in large part onto the physical therapist (now a doctor in their own right with the DPT being the educational norm).

Turns out you've got gaps where muscle should be, disconnected tendons where connections should be, and maybe tears (of both kinds) where they shouldn't be. And nice, white, slick fat has moved in for what looks like permanent residency where robust rotator cuff tissue should be. And now what should it be—surgery or therapy?

In the context of a shoulder injury, if you 1) can raise your arm overhead without too much pain, and 2) were not subject to significant direct trauma that is not feeling better, you can generally be successfully managed at a physical therapy level. Start the process by finding the orthopedic shoulder specialist (MD) in your area and inquire about their PT provider preference.

If symptoms are not improving in a few weeks, you will be sent to the orthopedic doctor for further

evaluation including the possibility of an x-ray or MRI (with significant weakness). Although improving, the primary care physician is often too aggressive at ordering imaging testing, and going about the process as noted above will save you time and money.

So how do you decide? One decision you may be tempted to make is to not ask too much about the official medical terminology of your Tommy John-type injury so you can look it up on the Internet. Why not, you ask? Overkill and masochism. Overkill because you don't need cryptic language on top of mangled muscle. And masochism because you don't need to be cruel to yourself these days when Nature seems to be doing that job pretty well unassisted, thank you very much.

I'll soften the vernacular blow by using terminology commonplace to car repairs; i.e., the rotator cuff muscles function in similar fashion to lug nuts. Having arthritis is similar to driving down a bumpy gravel road all day instead of using the interstate. This is well appreciated by the patient since the educational component is crucial; this is a lifelong challenge.

You have to see a specialist, more than likely, other than Mother Nature, who may use language to describe your rotator cuff that your other mother might blanch at: subacromial and glenohumeral crepitus, diffuse shoulder girdle atrophy, scapulothoracic trap hiking, winging, and dyskinesia.... Well, you get the idea. While these descriptions may not sound exactly like chopped liver, your shoulder may well feel like it, especially if you start a tally sheet for everything that's haywire up there, or even soft, squishy, weak, delinquent, or negligent.

The answer is function. 50% of 60-year-olds have a rotator cuff tear and are functioning well. Even if there is a rotator cuff tear, there is often enough functional strength available via the balance of the rotator cuff musculature (4 total) to allow most adults to accomplish all of their daily tasks and recreational activities without significant problems. The crucial component is the restoration of functional mobility (making the joint less stiff, especially with overhead motions), which will in turn diminish the compressive loading on the site of the tear.

You may have to simply resign yourself to putting up with language and afflictions that are unpalatable, if not unpronounceable. "Glenohumeral joint osteoarthritis,"

(Tennis and therapy—continued on page 10)

(Tennis and therapy—continued from page 9)

“acromioclavicular joint degenerative joint disease,” “long head bicep tendon rupture,” and “articular cartilage defect of the medial head” may sound slightly illicit if not illegal, indecent, or seductive, but they might actually be kind of pleasantly provocative under other circumstances.

My rule of thumb regarding the successful initiation and subsequent continuing with a conservative (non-surgical) rehab program is as follows: 1) The resolution of night pain; 2) Pain during the day that is at most still below the level of annoyance; 3) Rotator cuff strength that is graded at a 3 or better on a scale of 1-5 (where 1=trace strength, 2=poor, 3=fair, 4=good, 5=excellent strength) that improves to a 3+ or better in one month of rehabilitation. This can usually be done with 1-2 visits per week to the qualified PT in conjunction with daily home exercises.

Something less than surgery might be the thing for you if only because, even with the relatively recent development of arthroscopic surgery for rotator cuff repair, there could be 6-8 weeks of immobility, 3-4 months of therapy, and 6 more months until full recovery. If you so choose, you may get a similar but lesser sense of unpronounceable excitement from the recommended treatment short of surgery. Professional therapy and home exercise programs on rotator cuff tears include “scapular and periscapular stabilization protocols, as well as proprioception.” How could you reasonably ask for any more than that?

With the above noted patient population, 80% will recover and not need surgical intervention. The crucial component with regard to successful non-surgical therapy: do your exercises, and not too aggressively.

Few of us are as aggressive on the tennis court as we may have been in our 40s or 50s. But I know some of us are inclined to be a little too aggressive in doing the therapy necessary to get us back on the court where our aggressiveness can be less aggressive again, if you follow my meaning.

Following surgical intervention for a rotator cuff tear, however, you can expect a 6-12 month window to fully rehabilitate your shoulder. Easy ground strokes will be viable around the 5th or 6th month, but closer to 12 months is necessary to efficiently restore functional mobility and strength for the serve. The patient does not generally receive formal PT care during this time period, but has classically transitioned to his or her home

program. Lack of diligence with one's home exercise program is the primary reason for perceived failure of the surgical procedure, primarily due to the lingering mobility and strength loss that limits a mechanically sound overhead motion.

This post surgery healing is a difficult challenge, even with the advent and progression of arthroscopic surgery, in which the patient experiences less overall pain following the procedure. But this reduced pain may create the inaccurate perception that the patient is further along in the healing process leading to excessively aggressive use of the shoulder, which may in turn jeopardize the repair. Any repaired rotator cuff tendon usually requires 9-12 weeks to fully heal.

Say you opt for the conservative approach of therapy and home exercise, along with a good dose of hope and prayer. Suddenly you are in the hands of a Physical Therapist instead of an MD, and he's not even wearing a lab coat, scrubs, or stethoscope. And he hasn't asked even once if you smoke, drink, or do drugs, not to mention whether you feel safe at home. How can you know if you're getting the real McCoy?

Again, doing your homework to find a competent PT via the guidance of your local shoulder orthopedic specialist (MD) is the route to take. As well, you would be surprised with the conversations that entail at the holiday party if you arrive in a sling. Chances are that one of your party cohorts has had a similar experience and can guide you as well. By the way, smoking greatly decreases one's chances of success with respect to rotator cuff injuries by impairing the available blood supply to healing tissues.

One standard to go by is how much examination and manipulation you get each time you have a therapy session. Up to your first meetings with a PT you will have had plenty of interesting and attention-getting twistings and turnings of your shoulder (hip, knee, back) by doctors and others for diagnosis purposes. And then the PT will continue to torture your rotator cuff to measure where you are as well as to improve range-of-motion and strength. But it seems important that this happens at each therapy session thereafter. The alternative of simply having a therapist or assistant run you through your regimen of therapy activities, check your form, and maybe add some new ones does not seem as productive, though it may be less painful.

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But then lots of things are less painful than that.

A thorough examination is crucial. PT's are the problem solvers and need to know exactly how the shoulder girdle (collar bone, arm, shoulder blade, as well as neck and torso) is functioning. Manipulation by definition is moving the bones of the joint beyond their current limitations with a fairly forceful one-time movement. This classically does not occur during a PT session, though movement of a lesser intensity is utilized but should not result in lingering pain or stiffness.

So by now you are getting well acquainted with your shoulder girdle. Your chopped liver rotator cuff is evaluated, range-of-motion and strength determined, and you're sent home with maybe a handful of exercises to do daily until your next formal session with your PT a week or so later. What you want is a PT who runs you through the mill each time, and for that you may be grudgingly grateful, kind of like that peculiarly positive feeling you get after playing tennis badly but winning the set.

Our goal is to safely challenge each patient with an individualized home program that maximizes their progress taking into consideration bony and soft tissue healing constraints as well as other

information that was gleaned in the examination process. The evaluation process is a dynamic one and the ability to see the same PT week after week is crucial in this process; a one-size-fits-all protocol is not acceptable.

As for the therapy exercises themselves, they will have exotic, engaging names like Grasp, Wand Extension, Airplane, Wall Slide, Physio Ball T, Prone External Rotation, and Bow and Arrow. They aren't always as much fun as their names imply. In fact, some might more accurately be called The Whipping Post, Handcuffs, Prone Crucifixion, Sky Diving, and The Rack. Ultimately, though, doing your therapy exercises daily will be good for you, and will test your ingenuity for finding furniture at home upon which to do them, as well as your ability to repair that furniture.

Yes, we try to keep it interesting. Motivating the patient to work in diligent fashion is crucial to one's success. It is very much a team effort and the successful attainment of each person's goals and return to a desired lifestyle are highly rewarding for me. Once our work together is completed, the PT will often contact the patient's tennis instructor to help guide in the next phase of the process with regard to return to play.

Your instructor will undoubtedly be glad to hear the good news; mine I'm not so sure.

STPC new members, renewals, and changes

	Name	Rating	Primary phone	Other phone	Address, Email, Member #
Chg	Baker, James W	M 3.5	763-226-8536	763-757-8832	10741 Dogwood St NW, 10741 Coon Rapids, MN 55448 jimbaker23@gmail.com #78
New	Carmeli, Tonette	F 2.0	651-484-7342		3501 Owasso St, Shoreview, MN 55126 tonette.c@comcast.net #4685
New	Fritze, Charley	M 3.0	763-377-3518		6652 Jonquil Way, Maple Grove, MN 55369 #4684
New	Hancuch, Frank W	M 3.5	952-892-0826		1591 Summit Shores Circle, Burnsville, MN 55306 hancuch@aol.com #4686
New	Scharlatt, Linda	F 1.5	651-528-7718	716-374-0124	645 Callahan Place, Mendota Heights, MN 55118 linda.scharlatt@gmail.com #4681
New	Thompson, Jeff	M 4.0	952-432-8773	952-270-2712	16181 Harmony Path, Lakeville, MN 55044 jeff_thompson@charter.net #4682

Senior Tennis DVD

By Jean Murdock

A big **thank you** to Dottie Gardner and Brady of Reed-Sweatt for many hours spent putting together the 30 year DVD of STPC.

A reminder that the DVDs are available for only \$15.00 and may be purchased from Brady at Reed-Sweatt

Family Tennis Center. A great gift for members that cannot play anymore or would just like to have the history.

A DVD was delivered to Percy Hughes, a legend in our Club. We hope he enjoyed seeing himself, not only coaching but playing his saxophone. I talked to Percy and he is feeling much better and hopes to come back to teach tennis. Doctor said cancer is gone!

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Picture page

Below: The 2012 3M Tartan Park end of summer tennis party.



Mariah LaVold

By Diane McBride-Thompson

This is my granddaughter, a senior at East View HS, Apple Valley. She and I have played in the grandparent/grandchild tournament for six or so years. She is now a Senior, and Captain of the girls' varsity tennis team at Eastview High School; she will soon earn her sixth letter in Tennis. Playing on the Eastview girls Varsity Tennis Team since seventh grade, she will complete her tennis career for the "Lightning" at the end of this tennis season. Mariah's record to date for the 2012 season is 14 wins and one loss to Lakeville North, with an overall record of 71 wins and 36 losses in the past six years.



Not to mention 24 wins in tournaments played outside of her High School tennis career. Other awards from Eastview include: 2010-11 Most Valuable Player; 2010, 2011, All Conference Award, South Suburban Conference; 2011, 2012 Captain.

Editor wins award

Yes, that's me, the editor of this newsletter. USTA/Northern named me as this year's winner of the **Bob Larson Media Excellence Award**. The award will be presented at a November 17 Awards Banquet. Thanks to all of you who contribute to this newsletter—I couldn't possibly just make it up myself!

