

A major part of pushing the wheelchair comes from understanding the grips used to hold the racquet while striking the ball in tennis. This will determine what grip should be used to push the chair. The grips used in wheelchair tennis are identical to those used in able-bodied tennis.

Grips - Uses, advantages and disadvantages

1. Semi-Western Forehand

- *Advantages:* best combination of spin, power, leverage, very good “pushing” grip, good on handling a higher hit ball, can leave grip for inverted topspin backhand
- *Disadvantages:* none?



2. Eastern Forehand

- *Advantages:* good for hitting a flatter ball, good for “pushing,” strong leverage with playing hand behind the racquet
- *Disadvantages:* not strongest “pushing grip,” lack of spin development, difficult to handle higher- hit balls, grip change needed for inverted topspin backhand



3. Full-Western Forehand

- *Advantages:* very good spin production, strong against higher- hit balls, no grip change to hit an Eastern backhand
- *Disadvantages:* handling of lower- hit balls, difficult “pushing” grip, difficult to “drive” the ball



4. Continental

- *Advantages:* multiple uses (serve, slice and volley), handling of lower- hit balls
- *Disadvantages:* difficult “pushing” grip, no topspin, lack of strength on high forehand volley



5. Eastern Backhand

- *Advantages:* traditional learning line, good for driving the ball with leverage behind the racquet
- *Disadvantages:* poor “pushing” grip, weak handling of high balls to the backhand side



6. Inverted Backhand (semi-western forehand)

- *Advantages:* creation of strong spin (similar to a forehand), ability to remain offensive off of a high ball to backhand side, do not have to change one’s grip once ball is hit in order to push, can have an effective slice backhand without change of grip, helps create balance, drive and spin
- *Disadvantages:* more difficult to handle low ball, highest of hit balls will be a challenge and drive the player to possibly slice

