

# Bluegrass Wheelchair Tennis

Where the net is never too high



Human Development  
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## Serving up fun and physical activity

The Bluegrass Rollers Wheelchair Tennis program began with the goal of promoting tennis for people of all abilities in Central Kentucky. This project was designed to attract new players and give players opportunities to be frequent players. The program included an 8-week clinic followed by a one day fun tournament. The success of the program was due in large part to the dedication of the Bluegrass Tennis Association and their partners:



### Easterseals Bluegrass

Easterseals Bluegrass provides services to support adults and children with special needs and their families like adult day health, pediatric therapy, adaptive recreation, and horse therapy, as well as the Creative Beginnings Child Development Center.



### Bluegrass Racquet Club

The Bluegrass Racquet Club is a public tennis facility with 5 indoor tennis courts, which serves Lexington, Nicholasville, and the surrounding cities.

## Bluegrass Tennis Association

The Bluegrass Tennis Association is a non-profit United States Tennis Association sponsored Community Tennis Association that was founded in 2001. Its goals include the promotion of tennis in Central Kentucky through adult and junior programs for all ability levels. It works with current tennis programs to help expand tennis participation and helps to develop new tennis programs with interested organizations.

## Contact Information

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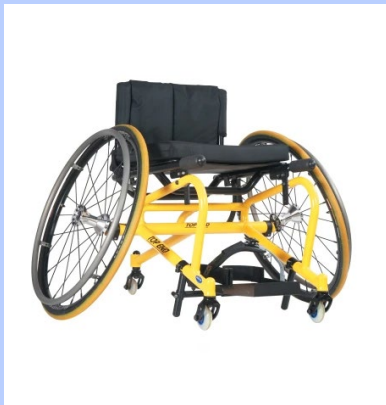
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# Assistive technology for Tennis



**Challenge: Moving around on the court.** Adaptive tennis is played on a standard-sized court which means athletes have to be able to move around quickly while holding a racquet in one hand. These sorts of sudden forceful movements combined with leaning to reach balls can cause traditional manual wheelchairs to tip.

Tennis wheelchairs were developed to help athletes overcome these challenges and to be safer and more confident on the court. Tennis wheelchairs feature cambered (angled) rear wheels that help the chair stay stable and ultralight frames. These chairs also provide more adjustment to the seat and back angles to give the athlete as much support as they need.



**Left:** The Invacare Top End Pro Tennis Wheelchair features cambered wheels for stability.

**Right:** This custom tennis chair from RMA features an integrated anti-tip wheel for added stability.



**Challenge: Racquet handling.** Athletes with quadriplegia can have trouble holding on to their racquets while moving around on the court.

Many quadriplegic players adapt by simply taping their racquet to their hand. There are alternatives available commercially that are a bit more polished.



**Left:** The Active Hands Gripping Aid was designed to help users with limited gripping ability. It wraps the hand securely around the handle of the racquet and secures it with powerful hook-and-loop material

**Right:** This cutlery cuff could be fitted to grip objects like hairbrushes, screwdrivers, or tennis racquets.



## More adaptive tennis opportunities in Kentucky

US Tennis Association KY - [ustaky.com](http://ustaky.com)  
Easterseals Bluegrass - [cardinalhill.org](http://cardinalhill.org)



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