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## Table Tennis Injuries

Posted by Anuta78 - 2007/07/15 17:48

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I was recently forced to retired from TT as a result of an injury to my spine, resulting in 2 herniated discs.

I had no idea that any kind of injury was even possible in TT, since it's so low-impact. Then I started finding out from many different players, that this type of injury is fairly common in TT, since there is a lot of stress on the spinal discs during repeated twisting and one-sided swinging leads to muscle imbalance, which in turn creates uneven pressure on the discs, until they either bulge or herniate.

Some people have managed to return to the sport, after such injury, however, such as Kaz Yokoyama, and some don't (J-P Gatien).

I was just wondering if anyone here knows anyone that has returned, and how they managed to do it without getting re-injured?

Thank you.

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