

# Introduction to Squash

## Squash Physical Therapy in San Jose, Los Gatos, Foster City and Burlingame



It is well known to those who already play the sport that squash is an incredible physical workout. Although a momentary break is often needed during the game to catch one's breath, nobody wants to be stuck behind the glass watching due to injury.

Overuse injuries are not the only typical injuries on the squash court. Often a lost battle with one of the court walls or the sting of the squash ball itself can leave you aching as well as black and blue as you leave the court. Preparing yourself to be flexible and agile on the court may not prevent the run-ins with the court walls or the ball itself, but good physical preparation can certainly assist you in dominating the T and avoiding the more common strains, sprains and pains of the game.

This part of our website is designed to help you prepare to participate in squash whether you are an advanced player or are just picking up the racquet and donning squash goggles for the first time. With the following resources, it is our aim at MORE Physical Therapy to help you choose the right equipment for your game, avoid injury, and to also make you more agile than your poor opponent! Good luck!

Please click on a link to find more information about squash:

- [Stretching Guide for Squash](#)
- [Guide for Selecting Squash Equipment](#)
- [Squash - Common Injuries](#)