



TENNIS PLAYER

Health Report



Approach

Understand the Evolution of Tennis

Internal and
External Risks

Understand the Evolution of the Player

Internal and
External Risks

Understand What Injuries are Occurring

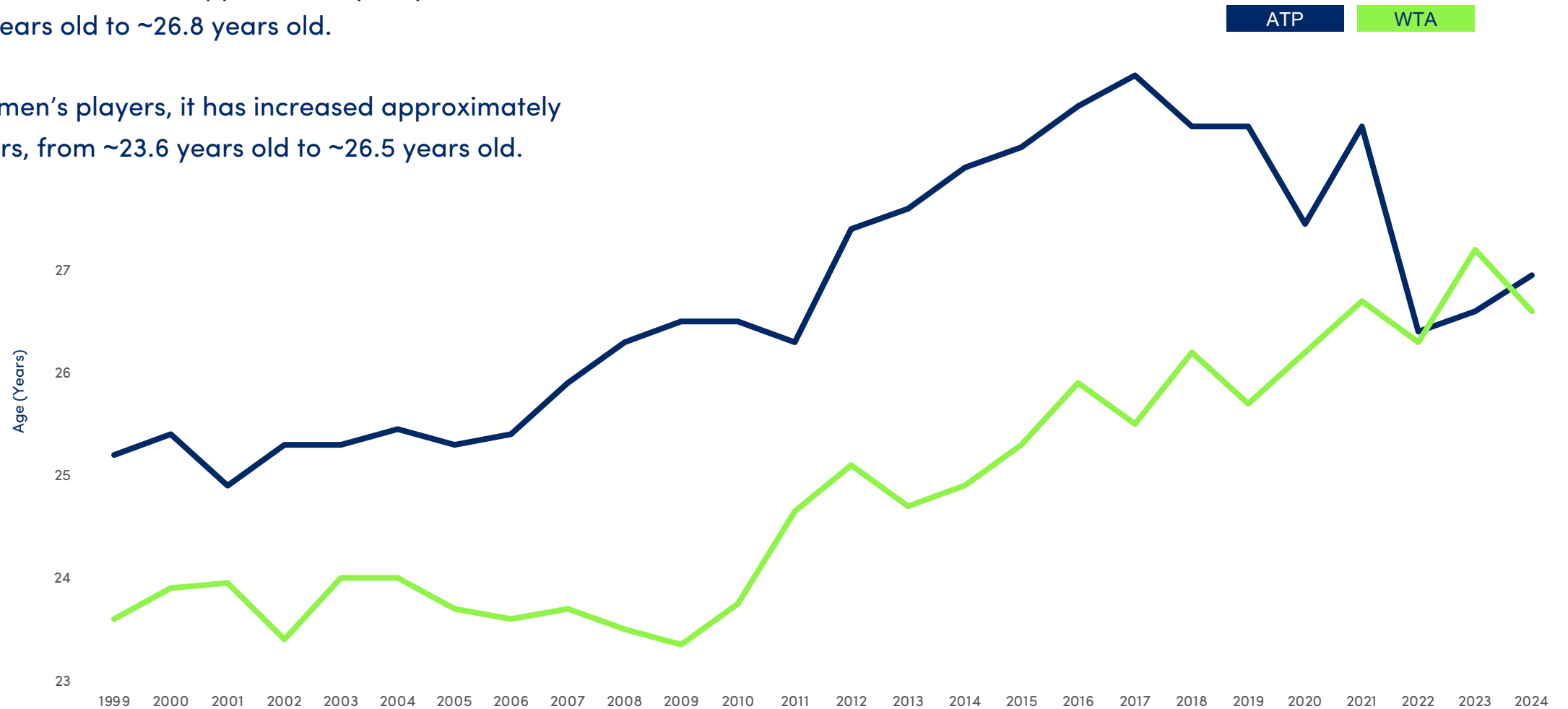
Who, What, Where,
When, Why?

FACTOR 1: **Player Age**

From 1999–2024, the median age of top 100 men’s players has increased approximately 1.6 years, from ~25.2 years old to ~26.8 years old.

For women’s players, it has increased approximately 2.9 years, from ~23.6 years old to ~26.5 years old.

MEDIAN AGE FOR TOP 100 PLAYER
2018 – 2024



FACTOR 2: Volume of Work

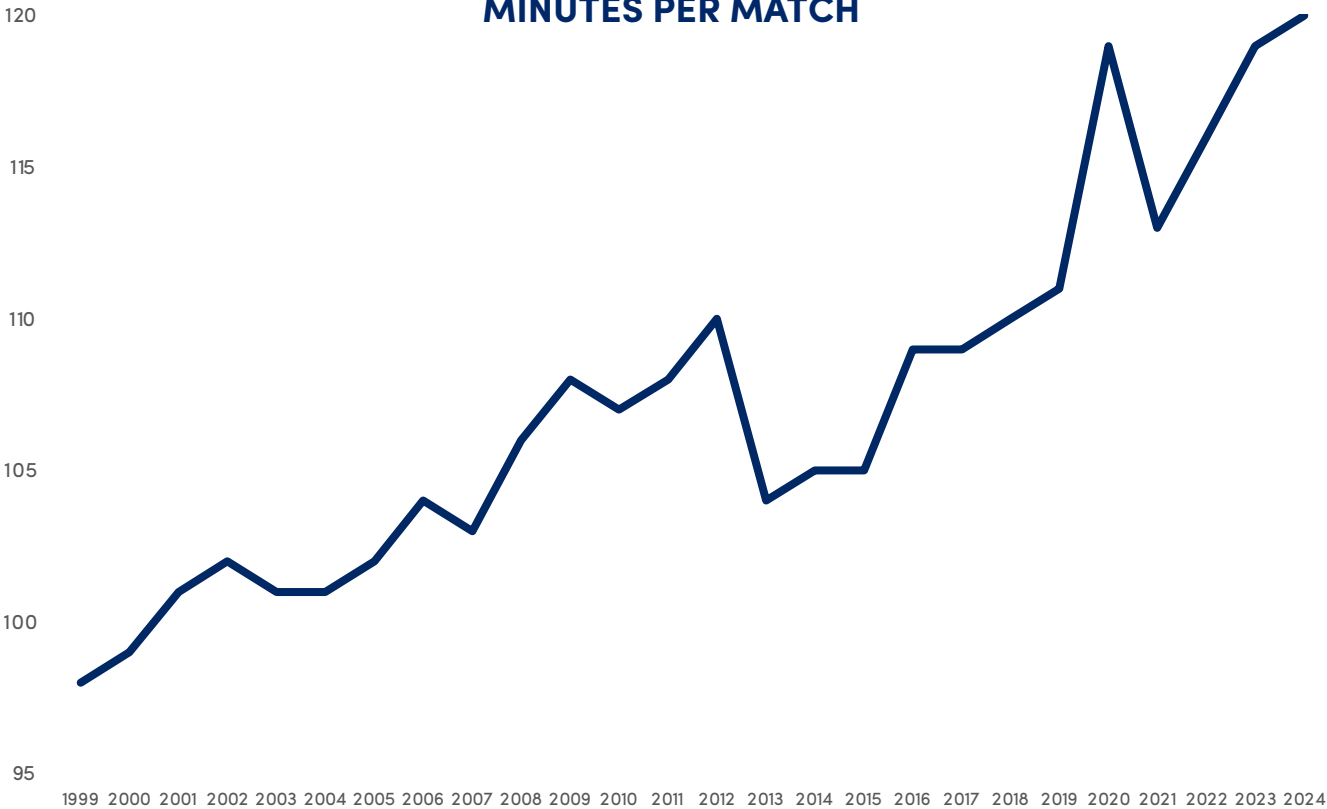
The average number of minutes per match has increased more than 22% since 1999, increasing from ~98 minutes to ~120 minutes per match.

When comparing average match lengths in 2024 to 1999:

- Playing 3 sets in 2024 is like playing 4 sets in 1999
- Playing 4 sets in 2024 is like playing 5 sets in 1999
- Playing 5 sets in 2024 is like playing 6 sets in 1999!

Longer matches and more total minutes played per month equate to higher injury risk for players. This is especially important to consider with players who need to participate in more tournaments to qualify for Grand Slams or to maintain their tour status.

AVERAGE NUMBER OF MINUTES PER MATCH



1999 - 2023	
Average Length Of Match With No Injuries Reported: 109 Minutes	Average Length Of Match With Injuries Reported: 122 Minutes
Average Number Of Minutes Played In Month Prior To No Injury: 343 Minutes	Average Number Of Minutes Played In Month Prior To Injury: 461 Minutes

	1999	2023	2024	Percent Change
All Matches	98	119	120	21.3%
All Majors	139	166	143	19.4%
Australian Open	139	-	179	28.7%
French Open	143	175	148	21.7%
Wimbledon	136	160	147	17.3%
US Open	138	159	135	15.0%



FACTOR 3: Distance Covered

The average distance covered by players per match has increased by more than 50% since 2015.

AVERAGE DISTANCE RUN BY A PLAYER PER MATCH (MILES)



FACTOR 4: Fatigue & Scheduling

Night matches are becoming more common, increasing from 6.6% of total singles Grand Slam matches in 2018 to 19.8% of total Grand Slam matches in 2024.

Night matches also have a stronger correlation with player injuries.

APRIL 2018–MAY 2024	
Percentage of Day Matches Associated With Player Injury:	4.6%
Percentage of Night Matches Associated With Player Injury:	5.2%

FREQUENCY OF NIGHT MATCHES (MATCHES STARTING AFTER 19:00)

GRAND SLAM SINGLES MATCHES, 2018–2024

