



# Injury Prevention & Recovery

**Novak Djokovic shocked the tennis world when he was forced to pull out of Wimbledon 2025 due to injury. His absence raised questions about athlete longevity, recovery, and the demands of elite-level sport.**

**What are the physical demands of playing at Grand Slam level?**

**What are the psychological impacts of injury for elite performers?**



**How can injury prevention and recovery strategies help extend an athlete's career?**

**Consider specific recovery strategies.**

**Discuss: Should players with long careers adapt their training methods as they age?**