

# Tennis Strings: String Tension

## **Tension Notes**

These notes were intended for players who wanted further information about string tension.

Most average players never need to be concerned about string tension. They simply ask for their racket to be restrung, and leave the tension to the racket stringer.

## **String Tension**

*This can be a complicated subject, but it can also be simplified to explain the information needed by most players. The main factors are as follows*

## **Recommended Tension**

*Almost every racket will show a recommended range of tensions. This is normally marked on the frame of the racket. You will select a value within this range which will depend on the type of string used.*

## **String Materials**

*Several years ago there were only synthetic and natural gut strings, and selecting tension was simpler. The recently introduced materials have different properties, and the tension used needs to be adjusted.*

## **Tension Loss**

*All strings lose tension when they are used, and the amount varies between different strings. This means that the tension used sometimes needs to be adjusted to compensate for this loss.*

## **Low, Medium or High Tension?**

*The general rule is that lower tensions provide more power, and higher tensions better control. If you are unsure which one to select, it is probably best to try a tension in the middle of this range.*

## **Tension Measurement**

*You may find it useful to know the tension of the strings in your current racket. You can then aim for something similar, or to vary it slightly. This means you need to use a racket stringer who can measure the string tension in your racket.*

## **Further Advice**

*This guide is only a starting point for string tension. Anyone who wants to know more information about this subject will find that further research will be required. Please be aware that you may find conflicting advice.*