

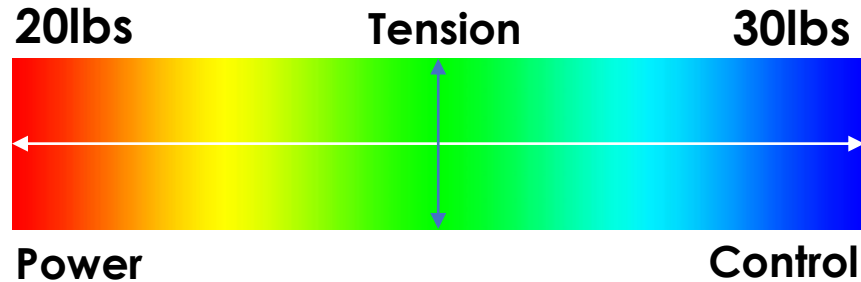
How to Choose Your String Setup

String Types

- Braided/Textured – Create more spin/cut. Great for touch players
- Multifilament – Usually better for power and has more 'bite' on the ball
- Synthetic Gut – Found in most new rackets. Durable but poor performance
- Natural Gut – Great performance (not Vegetarian/Vegan Friendly)! Expensive!

Control Vs Power

- Lower tension = More Power, the trampoline effect
- Higher Tension = More control
- By increasing one, you decrease the other
- A safe range is between 23lbs – 27lbs
- Thinner strings provide more power and control, but less durability



Prevention & Easing of Arm Injuries

- Reduce the tension of your strings (suggest below 25lbs)
- Choose a soft multifilament string, such as Tecnifibre 305 (green)
- Use a racket which isn't too headlight
- Try widening your racket handle/grip

String Durability

- Mishits cause most string breaks (near the frame)
- Braided/Textured strings (most Ashaway strings) are more forgiving
- The looser the tension, the more the strings will fray
- The tighter the tension, the more likelihood of strings snapping
- Thicker strings provide more durability, but less power and control

Things to Note

- Performance durability – string performance may reduce before breaking
- No two identical rackets from factories are strung the same
- Factory strung rackets are frequently strung incorrectly
- Most manufacturers use cheap strings, expecting the player to replace
- Different strings suit different people. Think about what YOU want
- Some players break certain strings more than others

For More Information

Visit www.string-doctor.com for further information and resources

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