

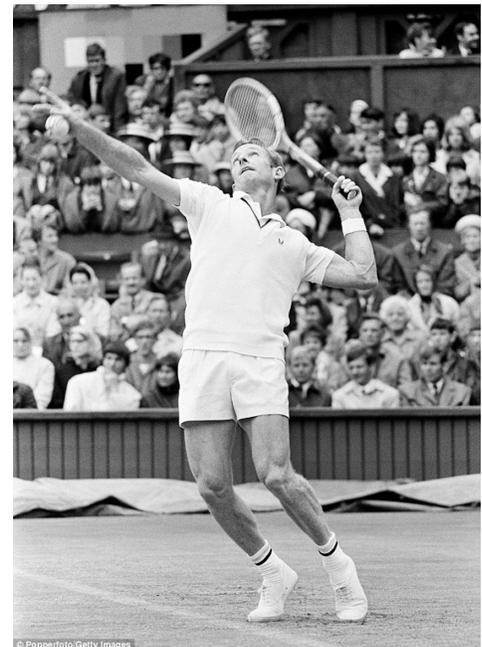
The Secret Side Effect of Professional Tennis

Adapted from Geary, Belinda G. and Thackray, Lucy. (2016, Jan 20) The Secret Side Effect of Professional Tennis. *Daily Mail Australia*.

As photos of tennis pro Viktor Troicki's massive right arm go viral, it's revealed he's not the only tennis star whose dominant playing arm is much bigger than the other. Eagle-eyed tennis fans pointed out Troicki's arms after realising that one was visibly larger than the other following his round one victory in the Australian Open. But if you look at most tennis players - including greats like Rod Laver, Rafael Nadal, and Serena Williams - it won't take you long to realise that their dominant, playing arm is much larger and has more muscle than their other arm.



After smashing away at thousands of tennis balls, Rod Laver's left forearm was far more developed than his right, with people commenting that it had swollen to "Popeye-like-proportions." According to *The New York Times*, Laver's left forearm was around four and a half centimeters larger than his right, while his left wrist was two and a half centimetres thicker than his right wrist.



Rafael Nadal, currently ranked world number five, has also been called out for his disproportionate arm size, with some even commenting that Troicki had contracted "Nadal disease." When questioned by *Men's Fitness* about his bulging left limb, the 29-year-old tennis pro agreed one arm is bigger than the other, but said he didn't work out to achieve that look and blamed the hype on his sleeveless shirt. "My left arm is much more developed than my right arm. This is because I play lefty and that's sort of my gym, the tennis court," he said.



These differences are also apparent in female players, with photographs of tennis icon Serena Williams also showing the 34-year-old sporting a much bulkier right arm.

Females with much larger playing arms are also represented by Maria Sharapova. Unlike lefties Nadal and Laver, the current women's world number five takes after Williams and Troicki with a far more defined right arm than left.

