

Interval Tennis Program

Tennis players who are returning to tennis after injury to the shoulder should follow the interval-tennis program, exactly, on an every-other-day basis.

The criteria to progress from step to step are that the practice session was pain free and there is no residual soreness the next day.

Warm-up and stretching exercises should be done before hitting.
Stretch again after hitting and apply ice for 20 minutes.

	<u>Monday</u>	<u>Wednesday</u>	<u>Friday</u>
1 st Week	12 FH 8 BH Rest 10 min. 13 FH 7 BH	15 FH 8 BH Rest 10 min. 15 FH 7 BH	15 FH 10 BH Rest 10 min. 15 FH 7 BH
2 nd Week	25 FH 15 BH Rest 10 min. 25 FH 15 BH	30 FH 20 BH Rest 10 min. 30FH 20 BH	30 FH 25 BH Rest 10 min. 30 FH 15 BH 10 OH
3 rd Week	30 FH 25 BH 10 OH Rest 10 min. 30 FH 25 BH 10 OH	30 FH 25 BH 10 OH Rest 10 min. 30 FH 25 BH 15 OH	30 FH 30 BH 15 OH Rest 10 min. 30 FH 30 BH 15 OH

4 th Week	30 FH	30 FH	30 FH
	30 BH	30 BH	30 BH
	10 OH	10 OH	10 OH
	Rest 10 min.	Rest 10 min.	Rest 10 min.
	Play 3 games	Play 1 set	Play 1 1/2 sets
	10 FH	10 FH	10 FH
	10 BH	10 BH	10 BH
	5 OH	5 OH	3 OH

FH = forehand ground stroke
 BH = backhand ground strokes
 OH = overhead shots