



For Additional Information

314.336.2555

RETURN TO SPORT PROTOCOLS

INTERVAL TENNIS PROGRAM

BASIC GUIDELINES

Proper warm-ups, stretching and strengthening should be implemented throughout the entire interval tennis rehabilitation program. As you start your program, remember, mechanics play an important role in your recovery.

1ST WEEK

Monday	Wednesday	Friday
12 FH	15 FH	15 FH
8 BH	8 BH	10 BH
<i>10 min. Rest</i>	<i>10 min. Rest</i>	<i>10 min. Rest</i>
13 FH	15 FH	15 FH
7 BH	7 BH	10 BH

OH = OVERHEAD SHOTS

FH = FOREHAND SHOTS

BH = BACKHAND SHOTS

2ND WEEK

Monday	Wednesday	Friday
25 FH	30 FH	30 FH
15 BH	20 BH	25 BH
<i>10 min. Rest</i>	<i>10 min. Rest</i>	<i>10 min. Rest</i>
25 FH	30 FH	30 FH
15 BH	20 BH	15 BH
		10 BH

3RD WEEK

Monday	Wednesday	Friday
30 FH	30 FH	30 FH
25 BH	25 BH	30 BH
10 OH	15 OH	15 OH
<i>10 min. Rest</i>	<i>10 min. Rest</i>	<i>10 min. Rest</i>
30 FH	30 FH	30 FH
25 BH	25 BH	15 OH
10 OH	15 OH	<i>10 min. Rest</i>
		30 FH
		30 BH
		15 OH

4TH WEEK

Monday	Wednesday	Friday
30 FH	30 FH	30 FH
30 BH	30 BH	30 BH
10 OH	10 OH	10 OH
<i>10 min. Rest</i>	<i>10 min. Rest</i>	<i>10 min. Rest</i>
Play 3 games	Play set	Play 1 ½ sets
10 FH	10 FH	10 FH
10 BH	10 BH	10 BH
5 BH	5 OH	3 OH