

Interval Tennis Program

Tennis players who are returning to tennis after injury to the shoulder or a prolonged lay-off should follow the interval-tennis program, 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.

| | Tuesday | Thursday | Saturday |
|--------|--|--|--|
| Week 1 | 12 FH 8 BH Rest 10 minutes 13 FH 7 BH | 15 FH 8 BH Rest 10 minutes 15 FH 7 BH | 15 FH 10 BH Rest 10 minutes 15 FH 7 BH |
| Week 2 | 25 FH 15 BH Rest 10 minutes 25 FH 15 BH | 30 FH 20 BH Rest 10 minutes 30 FH 20 BH | 30 FH 25 BH Rest 10 minutes 30 FH 15 BH 10 OH |
| Week 3 | 30 FH 25 BH 10 OH Rest 10 minutes 30 FH 25 BH 10 OH | 30 FH 25 BH 10 OH Rest 10 minutes 30 FH 25 BH 15 OH | 30 FH 30 BH 15 OH Rest 10 minutes 30 FH 15 OH Rest 10 minutes 30 FH 30 BH 15 OH |
| Week 4 | 30 FH 30 BH 10 OH Rest 10 minutes Play 3 games 10 FH 10 BH 5 OH | 30 FH 30 BH 10 OH Rest 10 minutes Play 1 set 10 FH 10 BH 5 OH | 30 FH 30 BH 10 OH Rest 10 minutes Play 1½ sets 10 FH 10 BH 3 OH |

FH = forehand ground stroke

BH = backhand ground stroke

OH = overhead shots