

Tennis Program

Description:

The interval tennis program is designed to gradually return motion, strength and confidence in the tennis stroke after injury or surgery by gradually increasing strokes and intensity.

Instructions for Tennis Program:

- Begin program with proper warmup
- The first set of hits at each step should be used as warm up swings, with a gradual increase in intensity as you work through the step.
- The program is designed to **hit every other day**, to allow your body a day of rest and recovery before hitting again.
- **Hit only three days a week** (make sure there is a day in between hitting).
- Perform strengthening exercises after hitting.
- **Do not advance a step until you are completely comfortable at your present step.**
- The last set of hits at each step should be used as cool down swings.
- The program should be followed by ice to control pain, swelling and soreness.

Tips:

- Even though you could hit at a more intense level that is not the idea of this program, it is the slow build up and conditioning of the body that will allow you to progress and not re-injure yourself.
- It is important to ease off when you are abnormally sore after a certain step or have pain when hitting
- It is common to experience soreness and/or dull pain in the muscles and tendons. Be sure to follow soreness rules. **If you experience sharp pain, particularly in the joint, stop all hitting until the pain subsides. If pain continues, contact your physical therapist and/or physician.**

Step 1: 12 forehands
8 backhands
10 min rest
13 forehands
7 backhands

Step 2: 15 forehands
8 backhands
10 min rest
15 forehands
7 backhands

Step 3: 15 forehands
10 backhands
10 min rest
15 forehands
10 backhands

Step 4: 25 forehands
15 backhands
10 min rest
25 forehands
15 backhands

Step 5: 30 forehands
20 backhands
10 min rest
30 forehands
20 backhands

Step 6: 30 forehands
25 backhands
5 serves
10 min rest
30 forehands
25 backhands
5 serves

Step 7: 35 forehands
25 backhands
10 serves
10 min rest
35 forehands
25 backhands
10 serves

Step 8: 35 forehands
25 backhands
15 serves
10 min rest
35 forehands
25 backhands
15 serves

Step 9: 30 forehands
30 backhands
15 serves
10 min rest
30 forehands
30 backhands
15 serves
10 min rest
30 forehands
30 backhands
15 serves

Step 10: 30 forehands
30 backhands
10 serves
10 min rest
Play 3 games
10 forehands
10 backhands
10 serves

Step 11: 30 forehands
30 backhands
10 serves
10 min rest
Play 1 set
10 forehands
10 backhands
10 serves

Step 12: 30 forehands
30 backhands
10 serves
10 min rest
Play 2 sets
10 forehands
10 backhands
10 serves