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## Interval Tennis Program

Tennis players who are returning to tennis after injury to the shoulder or elbow 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.

	Monday	Wednesday	Friday
1st 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
2nd Week	25 FH 15 BH Rest 10 min 25 FH 15 BH	30 FH 20 BH Rest 10 min 30 FH 20 BH	30 FH 25 BH Rest 10 min 30 FH 15 BH 10 OH
3rd 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 15 OH Rest 10 min. 30 FH 30 BH 15 OH
4th Week	30 FH 30 BH 10 OH Rest 10 min Play 3 games 10 FH 10 BH 5 OH	30 FH 30 BH 10 OH Rest 10 min. Play 1 set 10 FH 10 BH 5 OH	30 FH 30 BH 10 OH Rest 10 min. Play 1 ½ sets 10 FH 10 BH 3 OH

FH = forehand ground stroke

BH = backhand ground strokes

OH = overhead shots



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