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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	30 FH 30 BH 10 OH Rest 10 minutes Play 1 set	30 FH 30 BH 10 OH Rest 10 minutes Play 1½ sets

	10 FH 10 BH 5 OH	10 FH 10 BH 5 OH	10 FH 10 BH 3 OH
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FH = forehand ground stroke

BH = backhand ground stroke

OH = overhead shots