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Interval Tennis Program

Tennis players who are returning to tennis after injury to the shoulder 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	15 FH	15 FH
	8 BH	8 BH	10 BH
	rest 10 mins	Rest 10 mins	Rest 10 mins
	13 FH	15 FH	15 FH
	7 BH	7 BH	7 BH
2nd Week	25 FH	30 FH	30 FH
	15 BH	20 BH	25 BH
	Rest 10 mins	Rest 10 mins	Rest 10 mins
	25 FH	30 FH	30 FH
	15 BH	20 BH	15 BH
			10 OH
3rd week	30 FH	30 FH	30 FH
	25 BH	25 BH	30 BH
	10 OH	10 OH	15 OH
	Rest 10 mins	Rest 10 mins	Rest 10 mins
	30 FH	30 FH	30 FH
	25 BH	25 BH	15 OH
	10 OH	10 OH	Rest 10 mins
			30 FH
			30 BH
			15 OH

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4th week	30 FH	30 FH	30 FH
	30 BH	30 BH	30 BH
	Rest 10 mins	Rest 10 mins	Rest 10 mins
	Play 3 Games	Play 1 set	Play 1.5 sets
	10 FH	10 FH	10 FH
	10 BH	10 BH	10 BH
	5 OH	5 OH	5 OH

FH= Forehand
BH= Backhand
OH= Overhead