

## INTERVAL TENNIS PROGRAM

This tennis program has been designed for you to perform at home and should be used in conjunction with your exercise program. Tennis activities should be done before exercise so as not to fatigue the muscles. Compliance to the program and your clinician's recommendations is essential for your return to recovery.

- Stretch prior to playing tennis as directed by your clinician.
- Progress from step to step of the program as directed by your clinician.
- Discontinue if pain or swelling is present.

	1st Week	2nd Week	3rd Week	4th Week
<b>Monday</b>	12 FH 8 BH 10-minute rest 13 FH 7 BH	25 FH 15 BH 10-minute rest 25 FH 15 BH	30 FH 25 BH 10 OH 10-minute rest 30 FH 25 BH 10 OH	30 FH 30 BH 10 OH 10-minute rest Play 3 games 10 FH 10 BH 5 OH
<b>Wednesday</b>	15 FH 8 BH 10-minute rest 15 FH 7 BH	30 FH 20 BH 10-minute rest 30 FH 20 BH	30 FH 25 BH 15 OH 10-minute rest 30 FH 25 BH 15 OH	30 FH 30 BH 10 OH 10-minute rest Play set 10 FH 10 BH 5 OH
<b>Friday</b>	15 FH 10 BH 10-minute rest 15 FH 10 BH	30 FH 25 BH 10-minute rest 30 FH 15 BH 10 OH	30 FH 30 BH 15 OH 10-minute rest 30 FH 15 OH 10-minute rest 30 FH 30 BH 15 OH	30 FH 30 BH 10 OH 10-minute rest Play 1.5 sets 10 FH 10 BH 3 OH