

### Interval Tennis Program

The same principles should be followed with the interval tennis program as of the interval baseball program. Proper warm-ups, stretching, and strengthening should still be implemented throughout the entire interval tennis rehabilitation program. As you start your program, remember, mechanics play an important role in your recovery.

	OH – Overhead shots	FH – Forehand shots	BH – Backhand shots
<b>1<sup>st</sup> Week</b>	<b>Monday</b> 12 FH 8 BH 10 min. rest 13 FH 7 BH	<b>Wednesday</b> 15 FH 8 BH 10 min. rest 15 FH 7 BH	<b>Friday</b> 15 FH 10 BH 10 min. rest 15 FH 10 BH
<b>2<sup>nd</sup> Week</b>	25 FH 15 BH 10 min. rest 25 FH 15 BH	30 FH 20 BH 10 min. rest 30 FH 20 BH	30 FH 25 BH 10 min. rest 30 FH 15 BH 10 BH
<b>3<sup>rd</sup> Week</b>	30 FH 25 BH 10 OH 10 min. rest 30 FH 25 BH 10 OH	30 FH 25 BH 15 OH 10 min. rest 30 FH 25 BH 15 OH	30 FH 30 BH 15 OH 10 min. rest 30 FH 15 OH to min. rest 30 FH 30 BH 15 OH
<b>4<sup>th</sup> Week</b>	30 FH 30 BH 10 OH 10 min. rest Play 3 games 10 FH 10 BH 5 OH	30 FH 30 BH 10 OH 10 min. rest Play set 10 FH 10 BH 5 OH	30 FH 30 BH 10 OH 10 min. rest Play 1 ½ sets 10 FH 10 BH 3 OH

\* Ice after each day of play.