



### **INTERVAL TENNIS PROGRAM**

**(Modified from Wilk, KE(Ed). Preventive & Rehabilitative Exercises for the Shoulder & Elbow, Birmingham: American Sports Medicine Institute, 1990.**

The Interval Tennis Program (ITP) is designed to gradually return the tennis player to full tennis play. The ITP is based upon the following principles: 1) tennis play requires the transfer of energy from the feet to the legs, pelvis, trunk, and then to the shoulder, elbow, and hand. Therefore, the tennis player must include conditioning of the entire body for effective return to play, 2) proper warm-up is essential, 3) many injuries and re-injuries occur as a result of fatigue, 4) proper tennis techniques reduces the incidence of re-injury.

**PROGRESSION:** The ITP is designed so that each level is achieved without pain or complications before the next level is started. It is not unusual for the player to experience soreness or a dull aching sensation in the muscles. If a player experiences sharp pain, he or she should stop activity until the pain ceases. If the pain continues, then the player should contact the athletic trainer or physical therapist.

**STRENGTH TRAINING:** Strength training should supplement the ITP. Strength training will not increase the velocity of the ball, but will increase resistance to fatigue and injury. Strength training should be completed on the same day, but after tennis activity. The day in between is used for recovery and flexibility exercises. With recovery, the strength-training program is modified to a maintenance program and is completed one to two times per week after play.

**WARM-UP AND FLEXIBILITY:** Warm-up exercises increase circulation of the muscles and joints and thereby increases flexibility and decreases the chances of re-injury. Begin with the legs and progress to the trunk, back, neck, shoulder, elbows and wrist.

**TECHNIQUES:** the tennis coach/instructor may be invaluable to correct errors in play to improve recovery and effectiveness.

**INSTRUCTIONS:** Complete a proper warm-up, stretching, and strengthening program. Complete

the program every other day and progress from Phase I to II, III and IV, as symptoms allow. Apply ice after each day of play.

Key: OH-overhead shots, FH-forehand ground strokes, BH-backhand ground strokes.

Session in week	Phase I	Phase II	Phase III	Phase IV
One	12 FH 8 BH 10 min. rest 12 FH 7 BH	25 FH 15BH 10 min. rest 25 FH 15 BH	30 FH 25 BH 10 OH 10 min. rest 30 FH 25 BH 10 FH	30 FH 30 BH 10 OH 10 min. rest Play 3 games 10 FH 10 BH 5 OH
Two	14 FH 8 BH 10 min. rest 15 FH 7 BH	30 FH 20 BH 10 min. rest 30 FH 20 BH	30 FH 25 BH 15 OH 10 min. rest 30 FH 25 BH 10 OH	30 FH 30 BH 10 OH 10 min. Rest Play set 10 FH 10 BH 5 OH
Three	15 FH 10 BH 10 min. rest 15 FH 10 BH	30 FH 25 BH 10 min. rest 30 FH 15 BH 10 OH	30 FH 30 BH 15 OH 10 min. rest 30 FH 15 OH 10 min. rest 30 FH 30 BH 15 OH	30 FH 30 BH 10 OH 10 min. rest Play 1.5 sets 10 FH 10 BH 3 OH