



Orthopaedic Specialists

**BLUE RIDGE**  
**BONE & JOINT**

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## INTERVAL TENNIS PROGRAM

Proper warm-ups, stretching, and strengthening should be implemented throughout the entire interval tennis rehabilitation program. Ice after each day of play. As you start your program, remember: mechanics play an important role in your recovery.

FH = Forehand ground stroke

BH = Backhand ground stroke

OH = Overhead shots

	<u>1st Week</u>	<u>2nd Week</u>	<u>3rd Week</u>	<u>4th Week</u>
<b>M</b>	12 FH	25 FH	30 FH	30 FH
<b>O</b>	8 BH	15 BH	25 BH	30 BH
<b>N</b>	10 min. rest	10 min. rest	10 OH	10 OH
<b>D</b>	13 FH	25 FH	10 min. rest	10 min. rest
<b>A</b>	7 BH	15 BH	30 FH	Play 3 games
<b>Y</b>			25 BH	10 FH
			10 OH	10 BH
				5 OH

<b>W</b>	15 FH	30 FH	30 FH	30 FH
<b>E</b>	8 BH	20 BH	25 BH	30 BH
<b>D</b>	10 min. rest	10 min. rest	15 OH	10 OH
<b>N</b>	15 FH	30 FH	10 min. rest	10 min. rest
<b>E</b>	7 BH	20 BH	30 FH	Play set
<b>S</b>			25 BH	10 FH
<b>D</b>			15 OH	10 BH
<b>A</b>				5 OH
<b>Y</b>				

<b>F</b>	15 FH	30 FH	30 FH	30 FH
<b>R</b>	10 BH	25 BH	30 BH	30 BH
<b>I</b>	10 min. rest	10 min. rest	15 OH	10 OH
<b>D</b>	15 FH	30 FH	10 min. rest	10 min. rest
<b>A</b>	10 BH	15 BH	30 FH	Play 1½ sets
<b>Y</b>		10 OH	15 OH	10 FH
			10 min. rest	10 BH
			30 FH	3 OH
			30 BH	
			15 OH	