



## Interval Tennis Program (ITP)

The goals of this program are to safely and efficiently help you in your transition from supervised rehabilitation to your return to sport. It is recommended that you continue to be supervised by your physician, physical therapist, and/or athletic trainer to guide you through each stage until you are able to return to competition or unrestricted play. It is important for you to communicate any pain or swelling that is perceived as it may indicate a need to modify or adjust the program to your specific needs.

Prior to initiating a return to sport specific program it is necessary that you are able to demonstrate adequate strength and range of motion in the 90/90 position. You will also need to have minimal to no pain in the involved extremity and be cleared by your physician.

These are some key points to help guide you through the stages outlined below:

1. You will need at least 1 day rest between ITP days.
2. Before you advance to the next session you should be without pain, swelling, or excessive soreness. If not you will need to either repeat the same session or return to a previous session as appropriate.
3. Below is an example of the flow of your weekly workout

<b>Sport specific day</b>	<b>Off day</b>	<b>Day of Rest (1 day a week)</b>
<ol style="list-style-type: none"><li>1. ITP</li><li>2. Plyometric drills</li><li>3. General UE strength program</li></ol>	<ol style="list-style-type: none"><li>1. Cardio</li><li>2. LE and core strengthening</li><li>3. Light cuff and periscapular strengthening</li></ol>	<ol style="list-style-type: none"><li>1. Stretching</li></ol>



Stage 1				
Day 1:	20-25 FH/GS 20-25 BH/GS	<b>Set up:</b> 1. Stand just behind the service line 2. Aim for the center backcourt 3. Toss the ball to yourself or have someone bounce the ball at waist level	<b>Instructions:</b> Use a <i>low compression tennis ball</i> Wait for ball to bounce on the other side of court before next toss Minimize spin with shots	<b>Key points:</b> Warm-up Neutral stance Waist high feed Good mechanics Emphasize follow-through Bend your knees Turn your body
Day 2:	30 FH/GS 30 BH/GS			
Day 3:	50 FH/GS 50 BH/GS			

Key: GS= groundstrokes, FH= forehand, BH= backhand, V= volley

Stage 2				
Day 1:	30 FH/GS 30 BH/GS	<b>Set up:</b> 1. Stand just behind the service line 2. Aim for the center backcourt 3. Toss the ball to yourself or have someone bounce the ball at waist level	<b>Instructions:</b> Use a <i>standard tennis ball</i> Wait for ball to bounce on the other side of court before next toss Minimize spin with shots	<b>Key points:</b> Warm-up Neutral stance Waist high feed Good mechanics Emphasize follow-through Bend your knees Turn your body
Day 2:	50 FH/GS 50 BH/GS			
Day 3:	50 FH/GS 50 BH/GS			

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Stage 3				
Day 1:	50 FH/GS 50 BH/GS 20 FH/V 20 BH/V	<b>Set up:</b> 1. Stand just behind the service line 2. Aim, alternating between left, right, and center backcourt 3. Have someone toss or hit the ball to you at <b>waist to shoulder level</b>	<b>Instructions:</b> Wait for ball to bounce on the other side of court before next toss Minimize spin with shots Emphasize hitting a specific target on the court	<b>Key points:</b> Warm-up Neutral stance Good mechanics Emphasize follow-through Bend your knees Turn your body Stay on the balls of your feet
Day 2:	75 FH/GS 75 BH/GS 25 FH/V 25 BH/V	For volley shots stand in service court and have someone toss the ball to you.		
Day 3:	100 FH/GS 100 BH/GS 25 FH/V 25 BH/V	Day 3: add for GS 1. Alternate standing in left, center, and right backcourt 2. Aim, alternating between left, right, and center backcourt		

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### Stage 4

Stage 4				
Day 1:	100 FH/GS 100 BH/GS 25 FH/V 25 BH/V	<b><u>Set up:</u></b> 1. Stand just behind the service line working your way back to behind the baseline 2. Aim, alternating between left, right, and center backcourt 3. The ball should be hit to you at knee to shoulder level For volley shots stand in service court and have someone hit the ball to you.	<b><u>Instructions:</u></b> Wait for ball to bounce on the other side of court before next toss Minimize spin with shots Do not rush between shots make sure you have good mechanics	<b><u>Key points:</u></b> Warm-up Neutral stance Good mechanics Emphasize follow-through Bend your knees Turn your body Stay on the balls of your feet Take you time with your shots
Day 2:	Same as above			
Day 3:	Same as above	Day3 add: 1. For GS stand at center court along baseline and work on lateral movement alternating from FH and BH 2. Aim for the center of the court For volley shots begin to add lateral movement		

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Stage 5				
Day 1:	100 FH/GS 100 BH/GS 25 FH/V 25 BH/V	<b>Set up:</b> 1. For GS stand just behind the service line working your way back to behind the baseline and alternate between FH and BH using lateral movement 2. Aim, alternating between left, right, and center backcourt 3. The ball should be hit to you at knee to shoulder level For volley shots have someone hit the ball to you and work on lateral movement and hitting at different targets.	<b>Instructions:</b> Wait for ball to bounce on the other side of court before next toss Minimize spin with shots Do not rush between shots make sure you have good mechanics	<b>Key points:</b> Warm-up Neutral stance Good mechanics Emphasize follow-through Bend your knees Turn your body Stay on the balls of your feet
Day 2:	Same as above Shadow serve for 2-3 minutes	Day 3: 1. Rally for 10 min using GS, than 10 min volley, finish with 10 min GS 2. Serves at 50% and don't worry about getting it into the service court.	Day 3: Rally with a partner who can hit consistent GS for you to return at around waist level.	With Serves: Keep toss in front of you Get racket up and behind you Bend your knees Hit up on the ball Do not go at 100%
Day 3:	25 FH/GS 25 BH/GS 10 FH/V 10 BH/V Rally 30 min 10 Serves			

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<b>Stage 6</b>				
Day 1:	25 FH/GS 25 BH/GS 10 FH/V 10 BH/V Rally 30 min 20 Serves	<b>Set up:</b> GS: work on alternating between BH/FH and high and low shots, lateral movement, and hitting crosscourt and down centerline. V: work on lateral movement and hitting different targets on the court Rally: work on both GS and V using both FH and BH Serves: half into duce court, and half into ad court -Day 1 50% -Day 2 & 3 75%	<b>Instructions:</b> Minimize spin with shots Progress to 100% with GS and V	<b>Key points:</b> Warm-up Neutral stance Good mechanics Emphasize follow-through  With Serves: Keep toss in front of you Get racket up and behind you Bend your knees Hit up on the ball Do not go at 100%
Day 2:	25 FH/GS 25 BH/GS 10 FH/V 10 BH/V Rally 40 min 20 Serves			
Day 3:	25 FH/GS 25 BH/GS 10 FH/V 10 BH/V Rally 40 min 30 Serves			

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<b>Stage 7</b>				
Day 1:	25 FH/GS 25 BH/GS 10 FH/V 10 BH/V Rally 40 min 10 Return of serves 30 Serves	<b>Set up:</b> GS: work on alternating between BH/FH and high and low shots, lateral movement, and hitting crosscourt and down centerline. <i>Also add some overhead shots</i> V: work on lateral movement and hitting different targets on the court. <i>Add put away volley shots.</i> Rally: work on both GS and V using both FH and BH Serves: Half into duce court, and half into ad court -Day 1 75% -Day 2 & 3 100%	<b>Instructions:</b> Minimize spin with shots Work on adding more advanced shots into work out including: 1. Overhead shots 2. Put away volley shots 3. Approach shot Day 1 only do 15 total special shots listed above Day 2 & 3 increase to 30-45 total	<b>Key points:</b> Warm-up Neutral stance Good mechanics Emphasize follow-through  With Serves: Keep toss in front of you Get racket up and behind you Bend your knees Hit up on the ball Do not go at 100%
Day 2:	25 FH/GS 25 BH/GS 10 FH/V 10 BH/V Rally 40 min 20 Return of serves 30 Serves			
Day 3:	25 FH/GS 25 BH/GS 10 FH/V 10 BH/V Rally 40 min 20 Return of serves 40 Serves			

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### Stage 8

Stage 8				
Day 1:	25 FH/GS 25 BH/GS 10 FH/V 10 BH/V Rally 40 min 30 Return of serves 40 Serves	<b>Set up:</b> GS: work on alternating between BH/FH and high and low shots, lateral movement, and hitting crosscourt and down centerline. <i>Also add some overhead shots</i> V: work on lateral movement and hitting different targets on the court. <i>Add put away volley shots.</i> Rally: work on both GS and V using both FH and BH Serves: Half into duce court, and half into ad court	<b>Instructions:</b> For more advanced players: Continue working on adding more advanced shots into work out including: <ol style="list-style-type: none"><li>1. Overhead shots</li><li>2. Put away volley shots</li><li>3. Approach shot</li><li>4. Drop volley</li><li>5. Drop shots</li><li>6. Slice</li><li>7. Top spin</li></ol>	<b>Key points:</b> Warm-up Neutral stance Good mechanics Emphasize follow-through  With Serves: Keep toss in front of you Get racket up and behind you Bend your knees Hit up on the ball Do not go at 100%
Day 2:	25 FH/GS 25 BH/GS 10 FH/V 10 BH/V Rally 40 min 30 Return of serves 50 Serves			
Day 3:	25 FH/GS 25 BH/GS 10 FH/V 10 BH/V Rally 40 min 20 Return of serves 60 Serves			

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<b>Stage 9</b>				
Day 1:	Play a 1 set match	<b>Set up:</b> 1. Warm up prior to play with 50 to 100 GS/V 2. Take rest breaks after every third game	<b>Instructions:</b> If you have no pain after day 3 you may return to regular workouts and normal game play.	<b>Key points:</b> Warm-up Good mechanic Full speed
Day 2:	Play 2 set match	Make sure to use good mechanics with play		
Day 3:	Play 3 set match			

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## Glossary of Terms

**Approach shot:** a shot used as a setup as the player runs up to the net, often using *underspin* or *topspin*.

**Ad court:** the left side of the court of each player.

**Backhand:** hitting the ball with the back of the racquet hand facing the ball at the moment of contact. A backhand will often be hit by a right-handed player when the ball is at the left side of the court, and when it's on the right side of the court if the player is left-handed.

**Backspin:** (also known as slice or underspin), is a shot such that the ball rotates backwards after it is hit. The trajectory of the shot involves an upward force that lifts the ball

**Baseline:** the line at the farthest ends of the court indicating the boundary of the area of play.

**Crosscourt:** hitting the ball diagonally into the opponent's court

**Deuce court:** the right side of the court of each player

**Drop shot:** a play in which the player hits the ball lightly enough to just go over the net; designed to catch a player who is away from the net off guard

**Drop volley:** a drop shot executed from a volley

**Forehand:** a method of wielding a tennis racquet where the player hits the tennis ball with a stroke that comes from behind their body with the front of their racquet hand facing the ball.

**Groundstroke:** a forehand or backhand shot that is executed after the ball bounces once on the court.

**Overhead:** (also: "smash") a situation when the player is hitting the ball over his/her head; if the shot is hit relatively strong, it is referred to as the smash (see: Smash); smashes are often referred as simply "overheads", although not every overhead shot is a smash

**Putaway:** an offensive shot to try to end the point with no hope of a return.

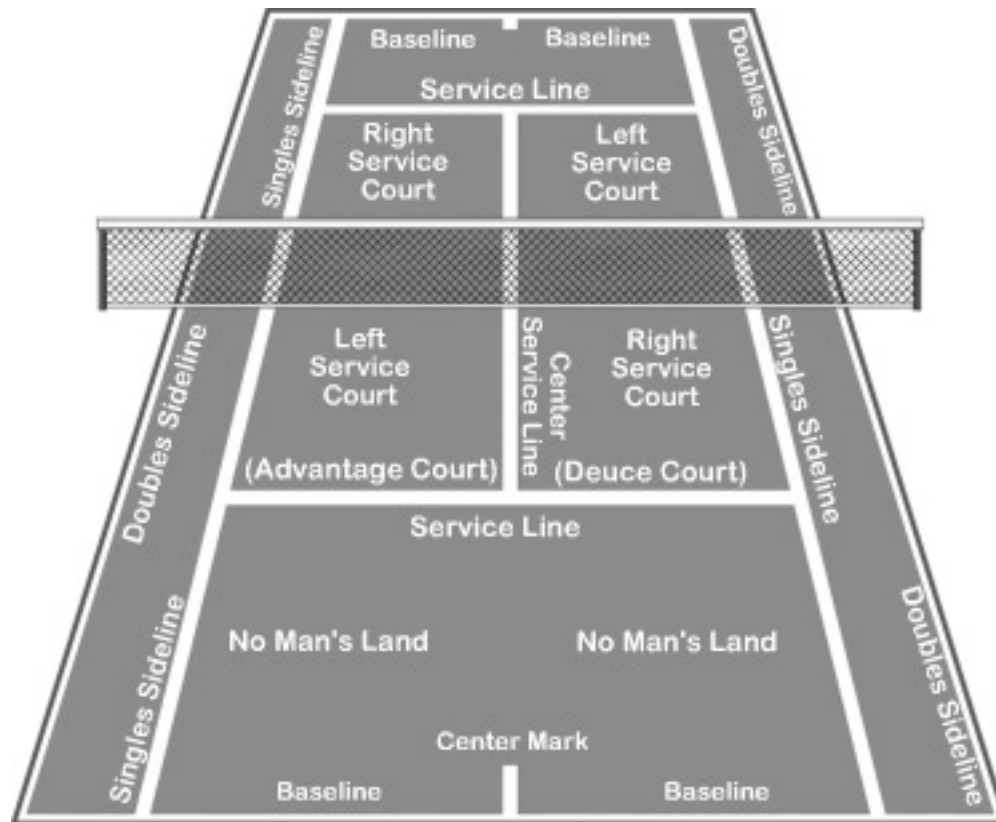
**Rally:** (Following the service of a tennis ball): A series of return hits of the ball that ends when one or other player fails to return the ball within the court boundary or fails to return a ball that falls within the play area.

**Slice:** (rally) hitting a tennis ball with underspin; (service) serving with sidespin.

**Smash:** a situation when the player is hitting the ball over his/her head (also: 'overhead') but the shot is hit relatively strong.

**Topspin:** spin of a ball where the top of the ball rotates toward the direction of travel; the spin goes forward over the top of the ball, causing the ball to dip and bounce at a higher angle to the court.

**Volley:** a forehand or backhand shot executed before the ball bounces in the court.



#### References

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