



RESILIENT ATHLETICS

Physical Therapy and Performance

Resilient Athletics Physical Therapy and Performance

Upper Extremity Return to Tennis Progression

Time- Based

Soreness Guidelines:

- **If pain is greater than 3/10 during warm-up, do not continue program, consult PT.**
- **If pain is greater than 3/10 during tennis, regress 1 day in the program.**
- **If pain is greater than 3/10 after tennis, stay at the same day in the program.**
- **Progress to the next day if no soreness.**

**Always consult your medical provider if you have questions or need guidance.
Perform these progressions on non-consecutive days (not two days in a row)**

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Week 1- 20-30% intensity

- 1: Foam ball mini tennis 10 minutes
- 2: Foam ball mini tennis 10 minutes
- 3: Foam ball mini tennis 10 minutes

Week 2- 30-40% intensity

- 1: red ball mini tennis 10 minutes
- 2: red ball mini tennis 15 minutes
- 3: red ball mini tennis 20 minutes

Week 3- 40% intensity

- 1: red ball mini tennis 5 minutes, orange ball $\frac{3}{4}$ court tennis 10 minutes
- 2: red ball mini tennis 5 minutes, orange ball $\frac{3}{4}$ court tennis 15 minutes
- 3: red ball mini tennis 5 minutes, orange ball $\frac{3}{4}$ court tennis 20 minutes

Week 4- 40% intensity

- 1: orange ball mini tennis 5 minutes, green ball $\frac{3}{4}$ court tennis 10 minutes
- 2: orange ball mini tennis 5 minutes, green ball $\frac{3}{4}$ court tennis 15 minutes
- 3: orange ball mini tennis 5 minutes, green ball $\frac{3}{4}$ court tennis 20 minutes

Week 5- 50% intensity

- 1: yellow ball mini tennis 5 minutes, yellow ball $\frac{3}{4}$ court tennis 5 minutes, yellow ball full court 10 minutes
- 2: yellow ball mini tennis 5 minutes, yellow ball $\frac{3}{4}$ court tennis 5 minutes, yellow ball full court 15 minutes
- 3: yellow ball mini tennis 5 minutes, yellow ball $\frac{3}{4}$ court tennis 5 minutes, yellow ball full court 20 minutes

Week 6- 60-75% intensity

- 1: Mini tennis 5 minutes, groundstrokes 20 minutes, volleys 5 minutes
- 2: Mini tennis 5 minutes, groundstrokes 30 minutes, volleys 10 minutes
- 3: Mini tennis 5 minutes, groundstrokes 30 minutes, volleys/overheads 10 minutes

Week 7- 75-85% intensity

- 1: Mini tennis 5 minutes, groundstrokes 30 minutes, volleys/overheads 10 minutes
- 2: Mini tennis 5 minutes, groundstrokes 30 minutes, volleys/overheads 10 minutes, Serves 10 minutes- 30 serves
- 3: Mini tennis 5 minutes, groundstrokes 45 minutes, volleys/overheads 10 minutes, Serves 10 minutes- 40 serves

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Week 8- 85-100% intensity

- 1: 1 hour practice, introduce point play without serves- 50 serves total
- 2: 1:15 practice, points with serves- 60 serves total
- 3: 1:30 practice, points with serves, practice set- 70 serves total