



# **RESILIENT ATHLETICS**

## Physical Therapy and Performance

### **Resilient Athletics Physical Therapy and Performance**

#### **Upper Extremity Return to Tennis Progression**

#### **Repetition-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)**

## Resilient Athletics Physical Therapy and Performance

### **Week 1- 20-30% intensity**

Day 1: Foam ball mini tennis- 3 sets of 10 forehands and 10 backhands, rest 60 seconds between sets

Day 2: Foam ball mini tennis- 3 sets of 15 forehands and 15 backhands, rest 60 seconds between sets

Day 3: Foam ball mini tennis- 4 sets of 20 forehands and 20 backhands, rest 60 seconds between sets

### **Week 2- 30-40% intensity**

Day 1: Red ball mini tennis- 4 sets of 20 forehands and 20 backhands, rest 60 seconds between sets

Day 2: Red ball mini tennis- 5 sets of 25 forehands and 25 backhands, rest 60 seconds between sets

Day 3: Red ball mini tennis- 6 sets of 30 forehands and 30 backhands, rest 60 seconds between sets

### **Week 3- 40% intensity**

Day 1:

- Red ball mini tennis 2 sets of 10 forehands and 10 backhands, rest 30 seconds between sets
- Orange ball 3/4 court tennis 4 sets of 20 forehands and 20 backhands, rest 60 seconds between sets

Day 2:

- Red ball mini tennis 2 sets of 10 forehands and 10 backhands, rest 30 seconds between sets
- Orange ball 3/4 court tennis 5 sets of 25 forehands and 25 backhands, rest 60 seconds between sets

Day 3:

- Red ball mini tennis 2 sets of 10 forehands and 10 backhands, rest 30 seconds between sets
- Orange ball 3/4 court tennis 6 sets of 30 forehands and 30 backhands, rest 60 seconds between sets

### **Week 4- 40% intensity**

Day 1:

- Orange ball mini tennis 2 sets of 10 forehands and 10 backhands, rest 30 seconds between sets
- Green ball 3/4 court tennis 4 sets of 20 forehands and 20 backhands, rest 60 seconds between sets

Day 2:

- Orange ball mini tennis 2 sets of 10 forehands and 10 backhands, rest 30 seconds between sets
- Green ball 3/4 court tennis 5 sets of 25 forehands and 25 backhands, rest 60 seconds between sets

Day 3:

- Orange ball mini tennis 2 sets of 10 forehands and 10 backhands, rest 30 seconds between sets
- Green ball 3/4 court tennis 6 sets of 30 forehands and 30 backhands, rest 60 seconds between sets

## Resilient Athletics Physical Therapy and Performance

### **Week 5- 50% intensity- use yellow ball from here through end of program**

#### Day 1:

- Yellow ball mini tennis 3 sets of 10 forehands and 10 backhands, rest 30 seconds between sets
- Yellow ball 3/4 court tennis 3 sets of 10 forehands and 10 backhands, rest 30 seconds between sets
- Yellow ball full court tennis 4 sets of 20 forehands and 20 backhands, rest 60 seconds between sets

#### Day 2:

- Yellow ball mini tennis 2 sets of 10 forehands and 10 backhands, rest 30 seconds between sets
- Yellow ball 3/4 court tennis 2 sets of 10 forehands and 10 backhands, rest 30 seconds between sets
- Yellow ball full court tennis 5 sets of 25 forehands and 25 backhands, rest 60 seconds between sets

#### Day 3:

- Yellow ball mini tennis 2 sets of 10 forehands and 10 backhands, rest 30 seconds between sets
- Yellow ball 3/4 court tennis 2 sets of 10 forehands and 10 backhands, rest 30 seconds between sets
- Yellow ball full court tennis 6 sets of 30 forehands and 30 backhands, rest 60 seconds between sets

### **Week 6- 60-75% intensity**

#### Day 1:

- Mini tennis 2 sets of 10 forehands and 10 backhands, rest 15 seconds between sets
- 3/4 court tennis 2 sets of 10 forehands and 10 backhands, rest 15 seconds between sets
- Full court groundstrokes 6 sets of 30 forehands and 30 backhands, rest 60 seconds between sets
- 2 sets of 10 forehand volleys and 10 backhand volleys, rest 30 seconds between sets

#### Day 2:

- Mini tennis 2 sets of 10 forehands and 10 backhands, rest 15 seconds between sets
- 3/4 court tennis 2 sets of 10 forehands and 10 backhands, rest 15 seconds between sets
- Full court groundstrokes 8 sets of 30 forehands and 30 backhands, rest 60 seconds between sets
- 3 sets of 10 forehand volleys and 10 backhand volleys, rest 30 seconds between sets

#### Day 3:

- Mini tennis 2 sets of 10 forehands and 10 backhands, rest 15 seconds between sets
- 3/4 court tennis 2 sets of 10 forehands and 10 backhands, rest 15 seconds between sets
- Full court groundstrokes 8 sets of 30 forehands and 30 backhands, rest 60 seconds between sets
- 3 sets of 10 forehand volleys and 10 backhand volleys, rest 30 seconds between sets, 2 sets of 10 overheads, rest 30 seconds between sets

### **Week 7- 75-85% intensity**

#### Day 1:

- Mini tennis 2 sets of 10 forehands and 10 backhands, rest 15 seconds between sets
- 3/4 court tennis 2 sets of 10 forehands and 10 backhands, rest 15 seconds between sets
- Full court groundstrokes 8 sets of 30 forehands and 30 backhands, rest 60 seconds between sets
- 3 sets of 10 forehand volleys and 10 backhand volleys, rest 30 seconds between sets
- 3 sets of 10 overheads, rest 30 seconds between sets

## Resilient Athletics Physical Therapy and Performance

### Day 2:

- Mini tennis 2 sets of 10 forehands and 10 backhands, rest 15 seconds between sets
- 3/4 court tennis 2 sets of 10 forehands and 10 backhands, rest 15 seconds between sets
- Full court groundstrokes 8 sets of 30 forehands and 30 backhands, rest 60 seconds between sets
- 3 sets of 10 forehand volleys and 10 backhand volleys, rest 30 seconds between sets
- 3 sets of 10 overheads, rest 30 seconds between sets
- 3 sets of 10 serves, rest 30 seconds between sets

### Day 3:

- Mini tennis 2 sets of 10 forehands and 10 backhands, rest 15 seconds between sets
- 3/4 court tennis 2 sets of 10 forehands and 10 backhands, rest 15 seconds between sets
- Full court groundstrokes 12 sets of 30 forehands and 30 backhands, rest 60 seconds between sets
- 3 sets of 10 forehand volleys and 10 backhand volleys, rest 30 seconds between sets
- 3 sets of 10 overheads, rest 30 seconds between sets
- 4 sets of 10 serves, rest 30 seconds between sets

## **Week 8- 85-100% intensity**

Day 1: 1 hour practice, introduce point play without serves- 50 serves total

Day 2: 1:15 practice, introduce point play with serves- 60 serves total

Day 3: 1:30 practice, points with serves, include a practice set- 70 serves total