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Shoulder, Elbow & Hand Surgery

American Shoulder and Elbow Surgeons
 American Society for Surgery of the Hand
 American Academy of Orthopedic Surgeons

Asheville Orthopedic Associates

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Tennis Rehabilitation 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>
M	12 FH	25 FH	30 FH	30 FH
O	8 BH	15 BH	25 BH	30 BH
N	10 min. rest	10 min. rest	10 OH	10 OH
D	13 FH	25 FH	10 min. rest	10 min. rest
A	7 BH	15 BH	30 FH	Play 3 games
Y			25 BH	10 FH
			10 OH	10 BH
				5 OH

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

F	15 FH	30 FH	30 FH	30 FH
R	10 BH	25 BH	30 BH	30 BH
I	10 min. rest	10 min. rest	15 OH	10 OH
D	15 FH	30 FH	10 min. rest	10 min. rest
A	10 BH	15 BH	30 FH	Play 1 ½ sets
Y		10 OH	15 OH	10 FH
			10 min. rest	10 BH
			30 FH	3 OH

30 BH
15 OH