



## **INTERVAL RACKET SPORTS RETURN TO SPORT PROTOCOL**

*TALLGRASSORTHOPEDICS.COM*

**Patient Name:**  
**Date of Surgery:**

### **General Principles:**

The athlete should always perform an appropriate warm-up including stretching exercises before hitting. The athlete should also ice the affected extremity for 20 minutes following all activities throughout the protocol. Progression should occur without pain. The athlete should perform the workouts every other day, progressing to the next Phase when able to complete the current Phase without pain or difficulty.

The following key will be used throughout the protocol:

FH = forehand

S = serve

BH = backhand

OH = overhead

### **Phase I - Week 1**

Day 1 Activities: Perform 12 FH, 8 BH, 10 minute rest, 13 FH, and 7 BH

Day 3 Activities: Perform 15 FH, 8 BH, 10 minute rest, 15 FH, and 7 BH

Day 5 Activities: Perform 15 FH, 10 BH, 10 minute rest, 15 FH, and 10 BH

### **Phase II - Week 2**

Day 1 Activities: Perform 25 FH, 15 BH, 10 minute rest, 25 FH, and 15 BH

Day 3 Activities: Perform 30 FH, 20 BH, 10 minute rest, 30 FH, and 20 BH

Day 5 Activities: Perform 30 FH, 25 BH, 10 minute rest, 30 FH, 15 BH, and 10 OH

### **Phase III - Week 3**

Day 1 Activities: Perform 30 FH, 25 BH, 10 OH, 10 minute rest, 30 FH, 25 BH, 10 OH, and 2 S

Day 3 Activities: Perform 30 FH, 25 BH, 15 OH, 10 minute rest, 30 FH, 25 BH, 10 OH, and 2 S

Day 5 Activities: Perform 30 FH, 30 BH, 15 OH, 10 minute rest, 30 FH, 15 OH, 10 minute rest, 30 FH, 30 BH, 15 OH, and 5 S

### **Phase IV - Week 4**

Day 1 Activities: Perform 30 FH, 30 BH, 10 OH, 10 minute rest, play 3 games, 10 FH, 10 BH, and 5 OH

Day 3 Activities: Perform 30 FH, 30 BH, 10 OH, 10 minute rest, play set, 10 FH, 10 BH, and 5 OH

Day 5 Activities: Perform 30 FH, 30 BH, 10 OH, 10 minute rest, play 1.5 sets, 10 FH, 10 Bh, and 5 OH