

This protocol provides appropriate guidelines for safe return to tennis after shoulder and/or elbow injury. The protocol draws evidence from the current literature and accounts for preferences of the providers at Allina Health Orthopedics. The program may be modified by the referring provider for an individual patient. If questions arise regarding the application of the protocol or the progress of the patient, contact Allina Health Orthopedics: (952) 946-9777

- Complete and progress each stage only if **pain free!** Mild fatigue is okay.
- Perform each stage one time every other day.
- Take an extra day off and attempt previous stage if pain or excessive fatigue occurs.
- A trusted partner will be needed. No backboards.
- Terminology and definition:
  - Rally—groundstrokes hitting the ball multiple times between players, usually after it bounces
  - Volley—occurs when a ball is hit out of the air before it lands

Warm up/cool down:	Sleeper stretch	3x30 seconds ( <b>before and after each stage</b> )
Stage 1:	Foam ball feeds from the net	10 forehand 10 backhand
Stage 2:	Regular ball feeds from the net	20 forehand 20 backhand Rest 5 minutes Repeat once.
Stage 3:	Regular ball feeds from the net Rally with partner from the baseline	20 forehand/20 backhand 25 forehand/25 backhand Rest 5 minutes 25 forehand/25 backhand
Stage 4:	Rally with partner from the baseline  Volley with partner  Rally with partner from the baseline Volley with partner	15 minutes forehand/backhand Rest 5 minutes 10 forehand 10 backhand 15 minutes forehand/backhand 10 forehand 10 backhand

Stage 5:	Serving Drills: Serving motion with racquet, no ball Foam ball serving	<b>Also use as an additional warm up for stages 6-9</b> 10 times 10 times, focus on form
Stage 6:	70%Rally/30%volley Serve  Serve Rally	15 minutes 10 serves at 50% effort Rest 5 minutes 10 serves at 50% effort 5 minutes
Stage 7:	70%Rally/30%volley Serve  Serve Rally	20 minutes 2x10 serves at 50% effort Rest 5 minutes 10 serves at 50% effort 5 minutes
Stage 8:	50%Rally/50%volley Serve  Serve Rally	25 minutes 2x10 serves at 50% effort Rest 5 minutes 2x10 serves at 75% effort 5 minutes
Stage 9:	50%Rally/50%volley Serve  Serve Rally	25 minutes 2x10 serves at 75% effort Rest 5 minutes 2x10 serves at 75% effort 10 minutes
Stage 10:	Rally/volley (as tolerated) Serve  Serve Rally	30 minutes 2x10 serves at 75% effort Rest 5 minutes 2x10 serves at 100% effort 10 minutes
Stage 11:	Rally/volley (as tolerated) Serve  Serve Rally	30 minutes 2x10 serves at 100% effort Rest 5 minutes 2x10 serves at 100% effort 15 minutes