

Tennis Specific Exercise Progression

Name of Athlete: _____

Date symptom-free: _____

	EXERCISE	DATE	COMPLETED / COMMENTS	
Stage 1	<i>Goal is to reach 30-40% of maximum heart rate</i> Walking at 2.5 mph or Riding a stationary bike for 20-30 minutes.		YES	<i>Suptrvisor's initials</i>
			NO	
Stage 2	<i>Goal is to reach 40-60% of maximum heart rate</i> Jogging (medium pace) for 20-30 minutes Sit-ups x 25 Push-ups x 20 Lunge walks x 20		YES	<i>Supervisor's initials</i>
			NO	
Stage 3	<i>Goal is to reach 60-80% of maximum heart rate</i> Serves x 50, deep court groundstrokes & rallying (forehands, backhands). Must be only participant on court (no doubles or around another player). No playing at net or volleying. Can also participate in agilities, sprints, shuffles, etc. Total time: 45 minutes		YES	<i>Supervisor's initials</i>
			NO	
Stage 4	<i>Goal is to reach 80% of maximum heart rate</i> Serves, volleys, groundstrokes, sprints, shuffles, agilities. Must be only participant on court (no doubles or around another player). Total time: 60 minutes		YES	<i>Supervisor's initials</i>
			NO	
	<i>Return to office for final visit for full clearance</i>			
Stage 5	<i>Goal is to reach full exertion.</i> Participate in full practice.		YES	<i>Supervisor's initials</i>
			NO	
Stage 6	<i>Goal is to reach & maintain full exertion.</i> Resume full participation in competition		YES	<i>Supervisor's initials</i>
			NO	