RETURN TO TENNIS
PHYSICAL THERAPY PROTOCOL

COLUMBIA UNIVERSITY
CENTER FOR SHOULDER,
ELBOW AND SPORTS
MEDICINE

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Foam balls → low compression balls → standard balls

Steps 1-3 performed 1-2 times
Steps 4-6 performed 2-3 times
Steps 7-8 performed 2-3 times

DRY SWINGS

Step 1
15 backhand swings 50%,
15 forehand swings 50%;
rest 5 minutes,
15 backhand swings 50%,
15 forehand swings 50%

Step 2
20 backhand swings 50%,
20 forehand swings 50%;
rest 5 minutes,
20 backhand swings 50%,
20 forehand swings 50%

Step 3
20 backhand swings 75%,
20 forehand swings 75%;
rest 5 minutes,
20 backhand swings 75%,
20 forehand swings 75%
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SOFT TOSST

Step 4 with FOAM tennis balls partner fed ground strokes- soft feeds about waist height from net 20 backhands, 20 forehands; rest 5 minutes, 20 backhands, 20 forehands

Step 5 with LOW COMPRESSION balls partner fed Ground strokes- soft feeds about waist height from net, 20 backhands, 20 forehands, rest 5 minutes, 20 backhands, 20 forehands

Step 6 STANDARD tennis balls partner fed Ground strokes- soft feeds about waist height from net, 20 backhands, 20 forehands, rest 5 minutes, 20 backhands, 20 forehands

RALLY: all standard tennis balls from this point on

Warm up with soft toss 15 BH, 15 FH

Step 7 Rally with partner from baseline with CONTROLLED ground strokes, 50-60 strokes (alternating FH and BH), break 30sec-1 min btw every 3 rallies, 5 minutes break, repeat

Step 8 15 minutes of rallying from baseline with CONTROLLED ground strokes alternating FH and BH, 10 FH and 10 BH volleys, rest 5 minutes, rally for another 15 minutes, 10 FH and 10 BH volleys
SERVING

Dry Swings

(After STEP 8 completed prior to starting step 9)
Serving motion 10-15 serves no contact
10-15 serves foam ball focusing on form

Step 9: 20-30 min rally with 80/20 ground stroke to volley ratio 10 serves with no ball, 10 serves with foam, 10 serves standard ball 75% effort, 10 minutes ground strokes

Step 10: 30 min rally with 80/20 ground stroke to volley ratio, 10 serves with foam, 10 serves standard ball 75% effort; can start incorporating slice serves, rest 5 min, 15 serves, 15 minutes ground strokes

Step 11: 30 min rally with 80/20 ground stroke to volley ratio, 20 serves standard ball 75% effort can start incorporating kick serves, partner fed lobs for 5 overhead strokes, rest 5 min, 20 serves, 5 partner fed lobs for 5 overhead strokes, 15 minutes ground strokes

Step 12: Match play, must complete all above stages, start match play, gradually increasing amount of serves up to 60, 80, 100, 120, once reach 120 you can start full competitive play

Created by Joseph Ciccone, DPT 1/14/11