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Joint Replacement

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Joint Replacement

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RETURN TO TENNIS PROGRAM

Proper warm-up, stretching, and strengthening should still be implemented throughout the entire interval tennis rehabilitation program. As you start your program, remember, mechanics play an important role in you recovery. If any other questions arise please contact our office or Therapist.

	OH- Overhead Shots	FH-Forehand Ground Stroke	BH-Backhand Ground Strokes
	1st Week	2nd Week	3rd Week
	4th Week		
M O N D A Y	12 FH 8 BH 10 Min. Rest 13 FH 7 BH	25 FH 15 BH 10 Min. Rest 25 FH 15 BH	30 FH 25 BH 10 OH 10 Min. Rest 30 FH 25 BH 10 OH
W E D N E S D A Y	15 FH 8 BH 10 Min. Rest 15 FH 7 BH	30 FH 20 BH 10 Min. Rest 30 FH 20 BH	30 FH 25 BH 15 OH 10 Min. Rest 30 FH 25 BH 15 OH
F R I D A Y	15 FH 10 BH 10 Min. Rest 15 FH 10 BH	30 FH 25 BH 10 Min. Rest 30 FH 15 BH 10 oh	30 FH 30 BH 15 OH 10 Min. Rest 30 FH 15 OH 10 Min. Rest 30 FH 30 BH 15 oh
			30 FH 30 BH 10 OH 10 Min. Rest Play 3 Games 10 FH 10 BH 5 OH
			30 FH 30 BH 10 OH 10 Min. Rest Play Set 10 FH 10 BH 5 OH
			30 FH 30 BH 10 OH 10 Min. Rest Play 1 ½ Sets 10 FH 10 BH 3 OH
** ICE AFTER EACH DAY OF PLAY**			