

# Carolina Sports Concussion Clinic

## Tennis Specific Exercise Progression

Name of Athlete: \_\_\_\_\_

Date of Concussion: \_\_\_\_\_

	EXERCISE	Day/Date	COMPLETED / COMMENTS	
<b>Stage 1</b>	Goal is to reach 30-40% of maximum heart rate Walking at 2.5 mph or Riding a stationary bike for 20-30 minutes.		YES NO	Supervisor's initials _____
<b>Stage 2</b>	Goal is to reach 40-60% of maximum heart rate Jogging (medium pace) for 20-30 minutes Sit-ups x 25 Push-ups x 20 Lunge walks x 20		YES NO	Supervisor's initials _____
<b>Stage 3</b>	Goal is to reach 60-80% of maximum heart rate 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 NO	Supervisor's initials _____
<b>Stage 4</b>	Goal is to reach 80% of maximum heart rate Serves, volleys, groundstrokes, sprints, shuffles, agilities. Must be only participant on court (no doubles or around another player).  Total time: 60 minutes		YES NO	Supervisor's initials _____
<b>Stage 5</b>	Goal is to reach full exertion. Participate in full practice.		YES NO	Supervisor's initials _____
<b>Stage 6</b>	Goal is to reach & maintain full exertion. Resume full participation in competition		YES NO	Supervisor's initials _____

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