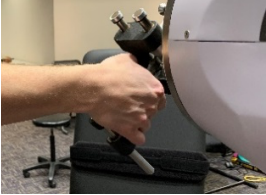



BTE PrimusRS Treatment Template – Tennis



The following is a list of PrimusRS attachments and activities that can be utilized as a template for a conditioning program for a tennis player. This is a suggested set of activities and you may edit the list for each client as necessary to meet specific goals. Modify as needed and be creative.

Use the following charts to create each specific exercise for the template:



1. Grip Racket

<p>Setup screen: Mode: Isotonic – con/ecc Tool: Hand –162 Pin Setting: Pos 3-4 Side: Dominant Function: Grip Racket Goal: Auto</p>	<p>Additional setup info: Head tilt to: 5, Stab bar in pos “H” Height set to: Client specific, elbow in full extension with wrist deviation OTHER: Change body position to simulate grip during forehand and backhand stroke. Can also adjust to overhead for grip strengthening during the serve.</p>		
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2. Shoulder EXT and horizontal ABD

<p>Setup screen: Mode: Isotonic – con/ecc Tool: 191, with tennis grip or grasping wrist strap Side: Dominant Function: Custom- Tennis stroke Goal: Auto</p>	<p>Additional setup info: Head tilt to: 1 Height set to: Waist OTHER: Can easily work on forehand stroke or backhand within same set up. Step away from cable with motor running for constant exercise.</p>		
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3. Forearm Strengthening (pro/sup)

<p>Setup screen: Mode: Isotonic – con/ecc Tool: Hand – 504 Side: Dominant Function: Pronation/Supination Goal: Auto</p>	<p>Additional setup info: Head tilt to: 6 Height set to: Waist height to shoulder height OTHER: Focus on strengthening pronation or supination within this full range and at varied angles of horizontal abduction/adduction. Raise head for additional shoulder flexion and abduction</p>		
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4. Serve

<p>Setup screen: Mode: Isotonic – con/ecc Tool: Shoulder: 191 Side: Dominant Function: Serve Goal: Auto</p>	<p>Additional setup info: Head tilt to: 5 or 6 depending on client height Height set to: Over shoulder height in order to get full shoulder flexion. OTHER: Maintain enough tension on cable (min 5 lbs).</p>		
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5. Backhand

<p>Setup screen: Mode: Isotonic – con/ecc Tool: 191, with tennis grip or grasping wrist strap Side: Dominant Function: Custom-Tennis stroke Goal: Auto</p>	<p>Additional setup info: Head tilt to: 1 Height set to: Waist OTHER: Transition from backhand to forehand stroke by changing body position. Step out approximately 2 feet from cable for free motion and to keep motor running for constant exercise.</p>		
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6. Forehand

<p>Setup screen: Mode: Isotonic – con/ecc Tool: Shoulder: 191, with tennis handle or grasping wrist strap Side: Dominant Function: Custom-Tennis Forehand stroke Goal: Auto</p>	<p>Additional setup info: Head tilt to: 1 Height set to: Waist OTHER: Transition between forehand or backhand stroke or dominant/non dominant hand. Step away to keep constant tension on cable and to keep motor running for continuous exercise.</p>		
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7. Stance

<p>Setup screen: Mode: Isotonic – con/ecc Tool: hand - 191 Side: Bilateral Function: Custom-Tennis stance Goal: Auto</p>	<p>Additional setup info: Head tilt to: 1 Height set to: Client waist height. OTHER: Maintain tension on cable at all times. Modify the exercise by using strap around waist or around individual thigh. Also, modify tennis racket with eye bolt thru handle</p>		
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8. Isolated Shoulder IR/ER

<p>Setup screen: Mode: Isotonic – con/ecc Tool: Shoulder- 701 Side: Dominant Function: IR/ER Goal: Auto</p>	<p>Additional setup info: Head tilt to: 5 Height set to: Shoulder height to achieve 90deg horizontal abd. This is a more isolated exercise for shoulder strength and stability. Use high load eccentric function (3:2 ratio of eccentric to concentric force) to increase stability and power ability of shoulder.</p>	
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9. Core/Hips

<p>Setup screen: Mode: Isotonic – con/ecc Tool: Hip: 191, bolt in position 14, with shoulder harness. Side: Bilateral Function: Squats or shuffling Goal: Auto</p>	<p>Additional setup info: Head tilt to:9, straight down Height set to: lowest fed thru pulley. OTHER: Can be used with straps around ankles OR can be used with shoulder harness and tension coming from above for more supportive exercise</p>	
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You now have a template for a tennis player that can be assigned to any client!