Interval Sports Programs: Guidelines for Baseball, Tennis and Golf
K. Wilk, J. Andrews et al.
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Sports Physical Therapists are commonly involved in the rehab of athletes who suffer injuries to their upper extremities. Rehabilitation focuses on restoring normal flexibility, strength and neuromuscular control in the clinic. What happens outside the clinic can be injurious to the athlete as they return to sport if not guided correctly and effectively. Interval Sports Programs are the functional rehab guidelines that are encouraged to safely and effectively return the athlete to the playing field.

This article went over in detail the ISPs for baseball (including a separate Little League program), tennis and golf athletes. A thorough description with warm-up, cool down and technique tips is provided. We’ve already included these programs with the rehab of your patients. These programs, coupled with a comprehensive and sport-specific rehab program can return your patient to the highest level possible.

It is extremely important that your patients be managed correctly from the beginning as well as having complete follow-through with their rehab. We will make sure the follow through is done with the latest research out there. The Programs can be obtained in detail from the article or by call me at Frederick Sport and Spine Clinic at the number below.