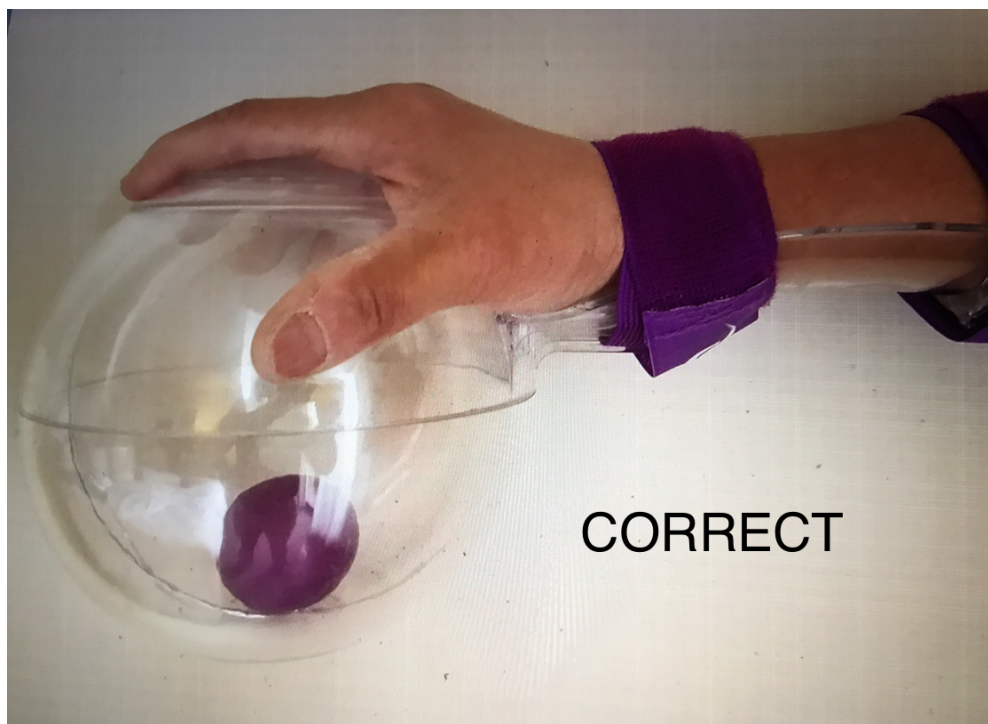


TENNIS

ShoulderSphere® Instructions for Use

Correct position: ensure your wrist is relaxed and has complete contact against the plastic splint while being securely strapped in by the elastic strap. Relatively tight engagement is necessary in order to optimize the rotator cuff workout. Make sure there is no wiggle room between your wrist and the splint. This also avoids undue stress against the plastic splint, which may cause breakage.

The easiest way of putting on the ShoulderSphere® is to place it on top of your hand -- PALM facing UP - and gently cradle it, making sure that the strap is wrapped securely, particularly the part at wrist level.



Incorrect position: note in the image below how the wrist is tense and flexed against the splint. There is a large gap between the splint and the wrist, which creates undue three-point contact stress against the plastic splint. This will break the plastic splint. There should be no wiggle room in-between the skin and the plastic splint. Incorrect posture prevents an optimal rotator cuff workout.



Arm Care TENNIS

Age 14 and under, or those who do not serve over 70 mph (110 km/ hour) use the F2.

High level players who are able to serve over 70 mph or 110 km/ hour should train with the A7.

Use F2 just as good if maintain spin rate high and keep light in red.

Event simulation drills with the ShoulderSphere to specifically build up the RC and avoid shoulder injury. Secondary gain in strength power and stamina for enhanced performance.

Simulate forehand (FH) while spinning the ball with no stop between stroke simulation moves.

Simulate backhand (BH)

Simulate overhead/ serves (S)

10 week progressive Rotator Cuff (RC) build up to avoid over training.

Train every other day/ or just 2-3 days per week is sufficient

Week 1 - FH 3 reps, 2 sets

BH 3 reps, 2 sets

S 3 reps, 2 sets

Week 2 - FH 5 reps, 2 sets

BH 5 reps, 2 sets
S 5 reps, 2 sets

Week 3 - FH 7 reps, 2 sets
BH 7 reps, 2 sets
S 7 reps, 2 sets

Week 4 - FH 8 reps, 2 sets
BH 8 reps, 2 sets
S 8 reps, 2 sets

Week 5 - FH 10 reps, 2 sets
BH 10 reps, 2 sets
S 10 reps, 2 sets

Week 6 - FH 12 reps, 2 sets
BH 12 reps, 2 sets
S 10 reps, 2 sets

Week 7 - FH 15 reps, 2 sets
BH 15 reps, 2 sets
S 10 reps, 2 sets

Week 8 - FH 17 reps, 2 sets
BH 17 reps, 2 sets
S 10 reps, 2 sets

Week 9 - FH 18 reps, 2 sets
BH 18 reps, 2 sets
S 10 reps, 2 sets

Week 10 - FH 20 reps, 2 sets
BH 20 reps, 2 sets
S 10 reps, 2 sets

Essentially, player should do 20 reps, 2 reps once or twice a week after having worked up to ability to do 20 reps after 10 weeks. Just stay at this as maintenance. No need to do more, especially if actively playing tennis.