



For Additional Information

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## RETURN TO SPORT PROTOCOLS

### INTERVAL GOLF REHAB PROGRAM

#### BASIC GUIDELINES

Proper warm-ups, stretching and strengthening should be implemented throughout the entire interval golf rehabilitation program. As you start your program, remember, mechanics play an important role in your recovery.

#### 1ST WEEK

<i>Monday</i>	<i>Wednesday</i>	<i>Friday</i>
10 putts	15 putts	20 putts
10 chips	15 chips	20 chips
5' Rest	5' Rest	5' Rest
15 chips	25 chips	20 putts
		20 chips
		5' Rest
		20 putts
		20 chips
		5' Rest
		10 chips
		10 short irons

#### KEYS TO GOLF PROGRAMS:

*Chips – Pitching wedge*

*Short irons – W, 9, 8*

*Medium irons – 7, 6, 5*

*Long irons – 4, 3, 2 / hybrid*

*Woods – 3, 5*

*Drives - Driver*

#### 2ND WEEK

<i>Monday</i>	<i>Wednesday</i>	<i>Friday</i>
20 chips	20 chips	15 short irons
10 short irons	15 short irons	10 medium irons
5' Rest	10' Rest	10' Rest
10 short irons	15 short irons	20 short irons
	15 chips	15 chips
	putting	

#### 3RD WEEK

<i>Monday</i>	<i>Wednesday</i>	<i>Friday</i>
15 short irons	15 short irons	15 short irons
15 medium irons	10 medium irons	10 medium irons
10' Rest	10 long irons	10 long irons
5 long irons	10' Rest	10' Rest
15 short irons	10 short irons	10 short irons
15 medium irons	10 medium irons	10 medium irons
10' Rest	5 long irons	10 long irons
20 chips	5 woods	10 woods

4TH WEEK

<b>Monday</b>	<b>Wednesday</b>	<b>Friday</b>
15 short irons		
10 medium irons		
10 long irons	Play 9 holes	Play 9 holes
10 drives		
15' Rest		
Repeat		

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**KEYS TO GOLF PROGRAMS:**

*Chips – Pitching wedge*  
*Short irons – W, 9, 8*  
*Medium irons – 7, 6, 5*  
*Long irons – 4, 3, 2 / hybrid*  
*Woods – 3, 5*  
*Drives - Driver*

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5TH WEEK

<b>Monday</b>	<b>Wednesday</b>	<b>Friday</b>
9 holes	9 holes	18 holes

\* *Flexibility exercises before hitting*

\* *Use ice x 20 minutes after hitting*