

Interval Golf Rehabilitation Program

The same principles should be followed with the interval golf program as with the interval baseball program. Proper warm-up, stretching, and strengthening should still be implemented throughout the entire interval golf rehabilitation program. As you start your program, remember mechanics play an important role in your recovery. If any further questions, please contact your physician or rehabilitation specialist.

	MONDAY	WEDNESDAY	FRIDAY
1 st Week	20 putts 15 chips 5' rest 15 chips	25 putts 15 chips 5' rest 25 chipping	20 putts 20 chips 5' rest 20 putts 20 chips 10 irons off tee 5' rest 10 chips 5 irons off tee
2 nd Week	20 chips 10 short irons 5' rest 10 short irons 15 med. irons (5 iron off tee)	20 chips 15 short irons 10' rest 15 short irons 15 chips Putting 15 med. irons	15 short irons 10 medium irons 10' rest 20 short irons 15 chips
3 rd Week	15 short irons 20 medium irons 10' rest 5 long irons 15 short irons 15 medium irons 10' rest 20 chips	15 short irons 10 medium irons 10 long irons 10' rest 10 short irons 10 medium irons 5 long irons 5 wood	15 short irons 15 medium irons 10 long irons 10' rest 10 short irons 10 medium irons 10 long irons 10 wood
4 th Week	15 short irons 10 medium irons 10 long irons 10 drives 15' rest Repeat	Play 9 holes	Play 9 holes
5 th Week	9 holes	9 holes	18 holes

*Flexibility exercises before hitting
*Use ice after hitting
(') – Abbreviation for minute

Key to Golf Programs:

chips – pitching wedge
short irons – W, 9, 8
medium irons – 7, 6, 5
long irons – 4, 3, 2
woods – 3, 5
drives – driver