

## Golf Program

### Description:

The interval golf program is designed to gradually return motion, strength and confidence in the golf swing after injury or surgery by gradually increasing swings and intensity.

### Instructions for Golf Program:

- Begin program with proper warmup
- The first set of hits at each step should be used as warm up swings, with a gradual increase in intensity as you work through the step.
- The program is designed to **hit every other day**, to allow your body a day of rest and recovery before hitting again.
- **Hit only three days a week** (make sure there is a day in between hitting).
- Perform strengthening exercises after hitting.
- **Do not advance a step until you are completely comfortable at your present step.**
- The last set of swings at each step should be used as cool down swings.
- The program should be followed by ice to control pain, swelling and soreness.

### Tips:

- Even though you could hit at a more intense level that is not the idea of this program, it is the slow build up and conditioning of the body that will allow you to progress and not re-injure yourself.
- It is important to ease off when you are abnormally sore after a certain step or have pain when hitting
- It is common to experience soreness and/or dull pain in the muscles and tendons. Be sure to follow soreness rules. **If you experience sharp pain, particularly in the joint, stop all hitting until the pain subsides. If pain continues, contact your physical therapist and/or physician.**

Step 1: 10 putts  
10 chips  
5 min rest  
15 putts  
15 chips

Step 2: 15 putts  
15 chips  
5 min rest  
20 putts  
25 chips

Step 3: 20 putts  
20 chips  
5 min rest  
20 putts  
20 chips  
5 min rest  
10 chips  
10 short irons

Step 4: 20 chips  
10 short irons  
5 min rest  
10 chips  
10 short irons  
15 medium irons

Step 5: 20 chips  
15 short irons  
5 min rest  
15 chips  
15 short irons  
20-30 Putts  
15 medium irons

Step 6: 10 chips  
15 short irons  
20 medium irons  
10 min rest  
20 short irons  
15 chips

Step 7: 10 chips  
15 short irons  
20 medium irons  
10 min rest  
15 short irons  
15 medium irons  
5 long irons  
10 min rest  
20 chips

Step 8: 10 chips  
15 short irons  
15 medium irons  
10 long irons  
10 min rest  
10 short irons  
10 medium irons  
5 long irons  
5 fairway wood

Step 9: 5 chips  
15 short irons  
15 medium irons  
10 long irons  
10 min rest  
10 short irons  
10 medium irons  
10 long irons  
10 fairway wood swings

Step 10: 5 chips  
15 short irons  
15 medium irons  
10 long irons  
10 drives  
10 min rest  
15 short irons  
15 medium irons  
10 long irons  
5 fairway wood swings  
10 drives

Step 11-14: Play 9 holes

Step 15: Play 18 holes

**Chips: PW**  
**Short Irons: 8-9 irons**  
**Medium irons: 5-7 irons**  
**long irons: 2-4 irons**  
**fairway woods: rescue-3 wood**  
**drives: driver**