



Name _____

Reg. # _____

INTERVAL GOLF PROGRAM

This golf program has been designed for you to perform at home and should be used in conjunction with your exercise program. Golfing should be done before exercise so as not to fatigue the muscles. Compliance to the program and your clinician's recommendations is essential for your return to recovery.

- Stretch prior to golfing as directed by your clinician.
- Progress from step to step of the program as directed by your clinician.
- Discontinue if pain or swelling is present.

	<u>Monday</u>	<u>Wednesday</u>	<u>Friday</u>
1st Week	10 putts 10 chips 5' rest 15 chips	15 putts 15 chips 5' rest 25 chips	20 putts 20 chips 5' rest 20 putts 20 chips 5' rest 10 chips 10 short irons
2nd Week	20 chips 10 short irons 5' rest 10 short irons	20 chips 15 short irons 10' rest 15 short irons 15 chips putting	15 short irons 10 medium irons 10' rest 20 short irons 15 chips
3rd Week	15 short irons 15 medium irons 10' rest 5 long irons 15 short irons 10' rest 20 chips	15 short irons 10 medium irons 10 long irons 10' rest 10 short irons 5 long irons 5 wood	15 short irons 10 medium irons 10 long irons 10' rest 10 short irons 10 long irons 10 wood
4th Week	15 short irons 10 medium irons 10 long irons 10 drives 15' rest repeat	Play 9 holes	Play 9 holes
5th Week	9 holes	9 holes	18 holes