



## Interval Golf Program

Golfers who are returning to golf after injury to the shoulder should follow the interval-golf program, exactly, on an every-other-day basis.

The criteria to progress from step to step are that the practice session was pain free and there is no residual soreness the next day.

Warm-up and stretching exercises should be done before hitting.

Stretch again after hitting and apply ice for 20 minutes.

|                      | Monday  | Wednesday  | Friday   |
|----------------------|---|--|--|
| 1 <sup>st</sup> Week | 10 putts<br>10 CH<br>Rest 5 min.<br>15 CH   | 15 putts<br>15 CH<br>Rest 5 min.<br>25 CH                                | 20 putts<br>20 CH<br>Rest 5 min.<br>20 putts<br>20 CH<br>Rest 5 min.<br>10 CH<br>10 SI |
| 2 <sup>nd</sup> Week | 20 CH<br>10 SI<br>Rest 5 min.<br>10 SI  | 20 CH<br>15 SI<br>Rest 10 min.<br>15 SI<br>15 CH<br>Putting              | 15 SI<br>10 MI<br>Rest 10 min.<br>20 SI<br>15 CH                                       |
| 3 <sup>rd</sup> Week | 15 SI<br>15 MI<br>Rest 10 min.<br>5 LI<br>15 SI<br>15 MI<br>Rest 10 min.<br>20 CH | 15 SI<br>10 MI<br>10 LI<br>Rest 10 min.<br>10 SI<br>10 MI<br>5 LI<br>5 W | 15 SI<br>10 MI<br>10 LI<br>Rest 10 min.<br>10 SI<br>10 MI<br>10 LI<br>10 W             |
| 4 <sup>th</sup> Week | 15 SI<br>10 MI<br>10 LI<br>10 DR<br>Rest 15 min.<br>Repeat                        | Play 9 holes   | Play 9 holes   |
| 5 <sup>th</sup> Week | 9 holes   | 9 holes  | 18 holes   |

CH= chips

SI= short irons

MI= medium irons

LI= long irons

W= Woods or Driver