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INTERVAL GOLF PROGRAM

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. Generally, it is a good idea to ice the area after exercising. Please review the interval golf program. If you have any future questions, please contact your physician or therapist.

**CHIPS- PITCHING WEDGE
 SHORT IRONS- W, 9, 8**

**MEDIUM IRONS- 7, 6, 5
 LONG IRONS – 4, 3, 2**

**WOODS- 3, 5
 DRIVERS- DRIVER**

	<u>MONDAY</u>	<u>WEDNESDAY</u>	<u>FRIDAY</u>
1 st WEEK	10 PUTTS 10 CHIPS 5 MIN Rest 15 CHIPS	15 PUTTS 15 CHIPS 5 MIN Rest 25 CHIPS	20 PUTTS 20 CHIPS 5 MIN Rest 20 PUTTS 5 MIN REST 10 CHIPS 10 SHORT IRONS
2 nd WEEK	20 CHIPS 10 SHORT IRONS 5 MIN Rest 10 SHORT IRONS	20 CHIPS 15 SHORT IRONS 10 MIN Rest 15 SHORT IRONS 15 CHIPS	15 SHORT IRONS 10 MEDIUM IRONS 10 MIN Rest 20 SHORT IRONS 15 CHIPS
3 rd WEEK	15 SHORT IRONS 15 MEDIUM IRONS 10 MIN Rest 5 LONG IRONS 15 SHORT IRONS 15 MEDIUM IRONS 10 MIN Rest 20 CHIPS	15 SHORT IRONS 10 MEDIUM IRONS 10 LONG IRONS 10 MIN Rest 10 SHORT IRONS 10 MEDIUM IRONS 5 LONG IRONS 5 WOOD	15 SHORT IRONS 10 MEDIUM IRONS 10 LONG IRONS 10 MIN 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 MIN Rest REPEAT	PLAY 9 HOLES	PLAY 9 HOLES
5 th WEEK	PLAY 9 HOLES	PLAY 9 HOLES	PLAY 9 HOLES

*Flexing Exercises Before Hitting

**ICE AFTER EACH DAY OF PLAY