

Interval Golf Program

Golfers who are returning to golf after injury to the shoulder should follow the interval-golf program, 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.

	Tuesday	Thursday	Saturday
Week 1	10 putts 10 chips Rest 5 minutes 15 chips	15 putts 15 chips Rest 5 minutes 25 chips	20 putts 20 chips Rest 5 minutes 20 putts 20 chips Rest 5 minutes 10 chips 10 short irons
Week 2	20 chips 10 short irons Rest 5 minutes 10 short irons	20 chips 15 short irons Rest 10 minutes 15 short irons 15 chips Putting	15 short irons 10 medium irons Rest 10 minutes 20 short irons 15 chips
Week 3	15 short irons 15 medium irons Rest 10 minutes 5 long irons 15 short irons 15 medium irons Rest 10 minutes 20 chips	15 short irons 10 medium irons 10 long irons Rest 10 minutes 10 short irons 10 medium irons 5 long irons 5 woods/driver	15 short irons 10 medium irons 10 long irons Rest 10 minutes 10 short irons 10 medium irons 10 long irons 10 woods/driver
Week 4	15 short irons 10 medium irons 10 long irons 10 Driver Rest 15 minutes Repeat	Play 9 Holes	Play 9 Holes
Week 5	Play 9 Holes	Play 9 Holes	Play 18 Holes