

### 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 CH Rest 5 min. 15 CH	10 putts 15 CH Rest 5 min. 25 CH	15 putts    20 putts 20 CH Rest 5 min. 20 putts 20 CH Rest 5 min. 10 CH 10 SI
2 <sup>nd</sup> Week	20 CH 10 SI Rest 5 min. 10 SI	20 CH 15 SI Rest 10 min. 15 SI 15 CH Putting	15 SI 10 MI Rest 10 min. 20 SI 15 CH
3 <sup>rd</sup> Week	15 SI 15 MI Rest 10 min. 5 LI 15 SI 15 MI Rest 10 min. 20 CH	15 SI 10 MI 10 LI Rest 10 min. 10 SI 10 MI 5 LI 5W	15 SI 10 MI 10 LI Rest 10 min. 10 SI 10 MI 10 LI 10 W
4 <sup>th</sup> Week	15 SI 10 MI 10 LI 10 DR Rest 15 min. 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

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