

## 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**

**MONDAY**

1<sup>st</sup> WEEK      10 PUTTS  
                    10 CHIPS  
                    5 MIN Rest  
                    15 CHIPS

2<sup>nd</sup> WEEK      20 CHIPS  
                    10 SHORT IRONS  
                    5 MIN Rest  
                    10 SHORT IRONS

3<sup>rd</sup> WEEK      15 SHORT IRONS  
                    15 MEDIUM IRONS  
                    10 MIN Rest  
                    5 LONG IRONS  
                    15 SHORT IRONS  
                    15 MEDIUM IRONS  
                    10 MIN Rest  
                    20 CHIPS

4<sup>th</sup> WEEK      15 SHORT IRONS  
                    10 MEDIUM IRONS  
                    10 LONG IRONS  
                    10 DRIVES  
                    15 MIN Rest  
                    REPEAT

5<sup>th</sup> WEEK      PLAY 9 HOLES

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

**WEDNESDAY**

15 PUTTS  
15 CHIPS  
5 MIN Rest  
25 CHIPS

20 CHIPS  
15 SHORT IRONS  
10 MIN Rest  
15 SHORT IRONS  
15 CHIPS

15 SHORT IRONS  
10 MEDIUM IRONS  
10 LONG IRONS  
10 MIN Rest  
10 SHORT IRONS  
10 MEDIUM IRONS  
5 LONG IRONS  
5 WOOD

PLAY 9 HOLES

PLAY 9 HOLES

**WOODS – 3, 5  
DRIVERS – DRIVER**

**FRIDAY**

20 PUTTS  
20 CHIPS  
5 MIN Rest  
20 PUTTS  
5 MIN REST  
10 CHIPS  
10 SHORT IRONS

15 SHORT IRONS  
10 MEDIUM IRONS  
10 MIN Rest  
20 SHORT IRONS  
15 CHIPS

15 SHORT IRONS  
10 MEDIUM IRONS  
10 LONG IRONS  
10 MIN Rest  
10 SHORT IRONS  
10 MEDIUM IRONS  
10 LONG IRONS  
10 WOOD

PLAY 9 HOLES

PLAY 9 HOLES

\*Flexing Exercises Before Hitting and  
\*\*Ice after each day of play