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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