

## INTERVAL PROGRAM FOR GOLFERS

This golf protocol is designed to be performed every other day. Each session should begin with the warm-up exercises as outlined below. Continue with your strengthening, flexibility, and conditioning exercises on the days you are not following the golf protocol.

When following the program outlined below, advance one stage every 2-3 weeks, depending upon the severity of the shoulder or elbow problem, as each stage becomes pain free in execution. As you progress into use of short, medium, and long irons, begin with a ½ to ¾ back swing and attempt to hit “clean” shots with little or no divot. You should only increase swing velocity and move to longer clubs (i.e. long irons and woods) if you remain pain free throughout the progression.

### Warm-Up

- Lower extremity**
  - Jog or walk briskly around the practice green area three or four times
  - Stretches
    - Gastrocnemius
    - Achilles tendon
    - Hamstrings
    - Quadriceps
- Upper extremity**
  - Stretch the shoulder
    - Posterior rotator cuff
    - Anterior rotator cuff
    - Inferior capsule
    - Rhomboids
    - Forearm/wrist stretches
    - Wrist flexors
    - Wrist extensors

### Stage 1

<input type="checkbox"/> Putts	50 reps	3 times/week
<input type="checkbox"/> Pitches	20 reps	2 times/week
<input type="checkbox"/> 7-PW	0	0 times/week
<input type="checkbox"/> 3-6	0	0 times/week
<input type="checkbox"/> Woods/hybrids	0	0 times/week

### Stage 2

<input type="checkbox"/> Putts	50 reps	3 times/week
<input type="checkbox"/> Pitches	30 reps	2 times/week

<input type="checkbox"/>	7-PW	20 reps	2 times/week
<input type="checkbox"/>	3-6	0	0 times/week
<input type="checkbox"/>	Woods/hybrids	0	0 times/week

### **Stage 3**

<input type="checkbox"/>	Putts	50 reps	3 times/week
<input type="checkbox"/>	Pitches	30 reps	3 times/week
<input type="checkbox"/>	7-PW	30 reps	3 times/week
<input type="checkbox"/>	3-6	10 reps	2 times/week
<input type="checkbox"/>	Woods/hybrids	0	0 times/week

### **Stage 4**

<input type="checkbox"/>	Putts	50 reps	3 times/week
<input type="checkbox"/>	Pitches	30 reps	2 times/week
<input type="checkbox"/>	7-PW	50 reps	3 times/week
<input type="checkbox"/>	3-6	10 reps	3 times/week
<input type="checkbox"/>	Woods/hybrids	10 reps	2 times/week

### **Stage 5**

<input type="checkbox"/>	Putts	50 reps	3 times/week
<input type="checkbox"/>	Pitches	30 reps	3 times/week
<input type="checkbox"/>	7-PW	50 reps	3 times/week
<input type="checkbox"/>	3-6	20 reps	3 times/week
<input type="checkbox"/>	Woods/hybrids	10 reps	3 times/week

### **Stage 6**

<input type="checkbox"/>	Putts	50 reps	3 times/week
<input type="checkbox"/>	Pitches	30 reps	3 times/week
<input type="checkbox"/>	7-PW	50 reps	3 times/week
<input type="checkbox"/>	3-6	20 reps	3 times/week
<input type="checkbox"/>	Woods/hybrids	20 reps	3 times/week

At this point, start to play a round of golf per week in lieu of a practice session. The progression into regular golf rounds should be increased one round each one to two weeks. For most players, progressing to 3-4 rounds weekly should be possible over a 4-8 week period of time (after completion of the rehabilitation program outlined above).

This protocol provides you with general guidelines for the safe return to golf following non-surgical or surgical treatment of shoulder or elbow conditions. The potential for re-injury always exists. The progression should be slowed as necessary to allow for gradual conditioning and avoiding re-injury. If you develop persistent pain that does not alleviate with rest and appropriate activity modification, contact your physician.

### **Reference/Source:**

Clinical Orthopaedic Rehabilitation, 2<sup>nd</sup> edition. SB Brotzman, KE Wilk. Mosby 2003.