



UNIVERSITY ORTHOPAEDIC CENTER, PA
RAPHAEL S. F. LONGOBARDI, MD, FAAOS

INTERVAL GOLF REHABILITATION PROGRAM

The athlete should do flexibility exercises before hitting and strengthening exercise after hitting.
Ice should be used after hitting.

Week	Monday*	Wednesday	Friday
1	5' C & P 5' rest 5' chipping	5' C & P 5' rest 5' chipping 5' rest 5' chipping	5' C & P 5' rest 5' chipping 5' rest 5' chipping
2	10' chipping 10' rest 10' short iron	10' chipping 10' rest 10' short iron 10' rest 10' short iron	10' short iron 10' rest 10' long iron 10' rest 10' long iron
3	10' short iron 10' rest 10' long iron 10' rest 10' long run	10' short iron 10' rest 10' long iron 10' rest 10' wood	10' short iron 10' rest 10' long iron 10' rest 10' wood
4	Repeat last Friday	Play 9 holes	Play 18 holes

* minute, C & P chipping and putting