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RETURN TO GOLF PROGRAM

Proper warm-up, stretching, and strengthening should still be implemented throughout the entire interval golf rehabilitation program. As you begin your program, remember mechanics play an important role in your recovery.

(m) – abbreviation for minute

	<u>MONDAY</u>	<u>WEDNESDAY</u>	<u>FRIDAY</u>
<u>FIRST WEEK</u>	5m chipping & putting 5m rest 5m chipping	5m chipping & putting 5m rest 5m chipping 5m rest 5m chipping	5m chipping & putting 5m rest 5m chipping 5m rest 5m chipping
<u>SECOND WEEK</u>	10m chipping 10m rest 10m short iron	10m chipping 10m rest 10m short iron 10m rest 10m short iron	10m short iron 10m rest 10m short iron 10m rest 10m short iron
<u>THIRD WEEK</u>	10m short iron 10m rest 10m long iron	10m short iron 10m rest 10m long iron 10m rest 10m long iron	10m short iron 10m rest 10m long iron 10m rest 10m long iron
<u>FOURTH WEEK</u>	Repeat last Wednesday	Play 9 holes	Play 18 holes executive course OR 15 holes regular course
<u>FIFTH WEEK</u>	Play golf, HAVE FUN!		

REMEMBER:

- Dr. Gardner wants you to do your flexibility exercises (stretching) before hitting; Ice after hitting.
- Progress through the above only if you do not have any problems. If problems (pain) arise, rest for a week and start over with the previous week's outline. If problems recur, Dr. Gardner would like to see you.