

Interval Golf Return to Sport Protocol

Brad Rea, PA-C
Orthopedic and Sports Medicine
kutopeka.com/ortho

Patient Name:

Date of Surgery:

General principles

The athlete should always perform an appropriate warm-up including stretching exercises before hitting. The athlete should also ice the affected extremity for 20 minutes following all activities throughout the protocol. The athlete should perform the workouts every other day, progressing to the next Phase when able to complete the current Phase without pain or difficulty.

The following key will be used to define the clubs used for the protocol:

Chips - LW, SW, PW
Short irons - PW, 9, 8
Medium irons - 7, 6, 5
Long irons - 4, 3, 2
Woods - 3, 5
Drivers - driver

Phase I - Week 1

Day 1 activities: Perform 10 putts, 10 chips, 5 minute rest and 15 chips.

Day 3 activities: Perform 15 putts, 15 chips, 5 minute rest and 25 chips.

Day 5 activities: Perform 20 putts, 20 chips, 5 minute rest, 20 putts, 20 chips, 5 minute rest, 10 chips and 10 short irons.

Phase II - Week 2

Day 1 activities: Perform 20 chips, 10 short irons, 5 minute rest and 10 short irons.

Day 3 activities: Perform 20 chips, 15 short irons, 10 minute rest, 15 short irons, 15 chips and 20 putts.

Day 5 activities: Perform 15 short irons, 10 medium irons, 10 minute rest, 20 short irons and 15 chips.

Phase III - Week 3

Day 1 activities: Perform 15 short irons, 15 medium irons, 10 minute rest, 5 long irons, 15 short irons, 15 medium irons, 10 minute rest and 20 chips.

Day 3 activities: Perform 15 short irons, 10 medium irons, 10 long irons, 10 minute rest, 10 short irons, 10 medium irons, 5 long irons and 5 woods.

Day 5 activities: Perform 15 short irons, 10 medium irons, 10 long irons, 10 minute rest, 10 short irons, 10 medium irons, 10 long irons and 10 woods.

Phase IV - Week 4

Day 1 activities: Perform 10 short irons, 10 medium irons, 10 long irons, 10 drives, 15 minute rest and repeat.

Day 3 activities: Play 9 holes.

Day 5 activities: Play 9 holes.

Phase V - Week 5

Day 1 activities: Play 9 holes.

Day 3 activities: Play 9 holes.

Day 5 activities: Play 18 holes.