

Return to Golfing Guide

The goal of this guide is to help you safely return to golfing after an injury. This guide should not take the place of medical advice. If you need help when returning to golf, you should consult your primary care doctor, surgeon or physical therapist.

Before starting to golf again, you should:

- Be pain free
- Have full range of motion to get through your golf swing
- Be able to complete a core strengthening program without pain

You should:

- Perform warm-up prior to golfing activity
- Do interval golf program
- Perform cool down stretching directly afterwards
- Take at least one day of rest between days of golfing activity
- Expect mild discomfort. However, if pain is present take an additional day off. At your next golfing session return to the level you could complete pain free.
- If pain continues discontinue and contact a health professional.

Dynamic warm up exercises.

- High knees – 10 yards, down and back
- Butt kickers – 10 yards, down and back
- Side shuffle – 10 yards, down and back
- Walking leg raises -10 yards, down and back
- Trunk twists, 10 reps.
- Arms extended straight out in front of the body, perform chop and lift motion, 10 reps each.
- Forward and backwards arm circles starting small and gradually become larger, 10 reps.
- Arm raises forward, 45 degrees, to the side, 10 reps.
- Neck range of motion exercise, look up, look down, head tilt right and left, head rotation, right and left, repeat each movement twice, perform, slow and controlled.
- Leg swings front to back and side to side 10 reps each.

Cool Down Stretching:

This should be done right after your golfing activity. It is designed to help your muscles relax and unwind. This consists of static stretching where you put the muscle in a lengthened position, hold for 30 seconds and repeat two times for each of the following muscle groups.

1. Calf muscles
2. Hamstrings
3. Quads
4. Posture stretch (stand tall and reach for the sky)
5. Arm across body for back of shoulder stretch.

Interval Golf Program

<u>Day 1</u>	<u>Rest day</u>	<u>Day 2</u>	<u>Rest day</u>	<u>Day 3</u>
<u>Week 1:</u>				
10 putts		15 putts		20 putts
10 chips		15 chips		15 chips
5 min rest		5 min rest		5 min rest
15 putts		10 putts		10 short iron (off tee)
15 chips		25 chips		15 chips
				15 putts
<u>Week 2:</u>				
20 chips		15 putts		15 chips
10 short irons		20 chips		15 short irons
5 min rest		15 short irons		5 min rest
10 short irons		5 min rest		15 med irons
15 med irons (off tee)		10 putts		15 chips
		15 chips		10 short irons
		10 med irons		
<u>Week 3:</u>				
10 chips		10 chips		15 short irons
20 short irons		15 short irons		15 med irons
15 med irons		10 long irons		10 long irons
5-10 min rest		5-10 min rest		5-10 min rest
5 long irons (off tee)		10 short irons		10 short irons
15 med		10 med irons		10 med irons
20 putts		5 long irons		10 long irons
		5 woods (off tee)		10 woods

Day 1 Rest day Day 2 Rest day Day 3

Week 4:

15 short irons

10 med irons

10 long irons

10 drives

10-15 min rest

Repeat

Play 9 holes

Play 9 holes

Week 5:

Play 9 holes

Play 9 holes

Play 18 holes

Remember to do the cool down stretches after your golfing activities.

Golf Key:

Chips = PW

Med Irons = 7, 6, 5

Woods/Hybrids

Short Irons = PW, 9, 8

Long Irons = 4, 3

Drives = Driver

This guideline is based on a modified program from:

Reinhold, M. Wilk, K. Reed, J Crenshaw, K. Andrews, JR. Interval Sports Program: Guidelines for Baseball, Tennis and Golf. *Journal of Orthopedic and Sports Physical Therapy*. June 2002; 32(6): 293-298.