



## INTERVAL GOLF REHAB PROGRAM

<b>Week</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>
<b>1<sup>st</sup> Week</b>	5' chipping & putting 5' rest 5' chipping	5' chipping & putting 5' rest 5' chipping 5' rest 5' chipping	5' chipping & putting 5' rest 5' chipping 5' rest 5' chipping
<b>2<sup>nd</sup> Week</b>	10' chipping 10' rest	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
<b>3<sup>rd</sup> Week</b>	10' short iron 10' rest 10' long iron 10' rest 10' long iron	10' short iron 10' rest 10' long iron 10' rest 10' wood	10' short iron 10' rest 10' long iron 10' rest 10' wood
<b>4<sup>th</sup> Week</b>	Repeat last Tuesday	Play 9 holes	Play 18 holes

\* Flexibility exercises before hitting.

\* Use ice after hitting.

(') – Abbreviation for minute.