



**INTERVAL GOLF PROGRAM**  
**(Modified from Wilk, KE (Ed). Preventive & Rehabilitative Exercises for the Shoulder & Elbow. Birmingham: American Sports Medicine Institute, 1990.**

The Interval Golf Program is designed to gradually return a golfer to full golf play. The following are emphasized within this program: 1) Golfing requires the transfer of energy from the feet to the legs, pelvis, trunk, and into the shoulder, elbow, and hand. Therefore, the golfer must include conditioning of the entire body for effective return to play. 2) The chance of re-injury is reduced and maximum timely return to golf is improved by the Interval Golf Program. 3) Proper warm-up is essential. 4) Many injuries and re-injuries occur as a result of fatigue. 5) Proper golfing techniques reduce the incidence of re-injury.

**PROGRESSION:**

The program is designed so that each level is achieved without pain or complications before the next level is started. It is not unusual for the golfer to experience soreness and a dull aching sensation in the muscles. If the golfer experiences sharp pain, then he should stop activity until this pain ceases. If the pain continues, then contact either the athletic trainer, physical therapist or physician.

**STRENGTH TRAINING:**

Strength training will not increase the distance of the golfer's drive, but it will increase resistance to fatigue and injury. Strength training should be completed on the same day, but after golf activity. The day in between golf activities is used for recovery and flexibility exercises. With recovery, the strength training program is modified to a maintenance program and it is completed one to two times per week after play.

**WARM-UP AND FLEXIBILITY:**

Warm-up increases circulation to the muscles and joints, and therefore increases flexibility and decreases a chance of re-injury. Begin with the legs and progress to the trunk, back, shoulder elbows, and wrist.

**TECHNIQUE:**

Improper golfing technique increases stress to the wrist, elbow, shoulder and back, thereby predisposes these areas to injury. The golf coach/instructor may be invaluable to correct errors in technique.

**INSTRUCTIONS:**

Complete a proper warm-up, stretching, and strengthening program. Complete the program every other day and progress from Phase I to II, III, and IV as symptoms allow. Apply ice after each day of play to the healing area.

## INTERVAL GOLF PROGRAM

Key: (‘)-minutes, chip-chipping, put-putting

Session in week	Phase I	Phase II	Phase III	Phase IV
One	5' chip&put 5' rest 5' chip	10' chip 10' rest 10' short iron	10' short iron 10' rest 10' long iron 10' rest 10' long iron	repeat session two in phase III
Two	5' chip&put 5' rest 5' chip 5' rest 5' chip	10' chip 10' rest 10' short iron 10' rest 10' short iron	10' short iron 10' rest 10' long iron 10' rest 10' long iron	play 9 holes
Three	5' chip&put 5' rest 5' chip 5' rest 5' chip	10' short iron 10' rest 10' short iron 10' rest 10' short iron	10' short iron 10' rest 10' long iron 10' rest 10' long iron	play 18 holes