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INTERVAL GOLF REHAB PROGRAM

Week	Monday	Tuesday	Wednesday
I st Week	5' chipping & putting	5' chipping & putting	5' chipping & putting
	5' rest	5' rest	5' rest
	5' chipping	5' chipping	5' chipping
		5' rest	5' rest
		5' chipping	5' chipping
2 nd Week	10' chipping	10' chipping	10' short iron
	10' rest	10' rest	10' rest
		10' short iron	10' long iron
		10' rest	10' rest
		10' short iron	10' long iron
3 rd Week	10' short iron	10' short iron	10' short iron
	10' rest	10' rest	10' rest
	10' long iron	10' long iron	10' long iron
	10' rest	10' rest	10' rest
	10' long iron	10' wood	I0' wood
4 th Week	Repeat last Tuesday	Play 9 holes	Play 18 holes

 $[\]ensuremath{^{*}}$ Flexibility exercises before hitting.

^{*} Use ice after hitting.

^{(&#}x27;) – Abbreviation for minute.