



The University of West Alabama
Athletic Training & Sports Medicine
Center
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INTERVAL GOLF REHAB PROGRAM

	MONDAY	TUESDAY	WEDNESDAY
1ST Week	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
2nd Week	10' chipping 10' rest 10' short iron	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
3rd Week	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
4th Week	Repeat last Tuesday	Play 9 holes	Play 18 holes

*Flexibility exercises before hitting

*Use ice after hitting

(')=abbreviation for minute