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**Return to Golf Protocol**

**Guidelines:**

- Allow at least one day of rest between sessions.
- Be continuously aware of golf swing mechanics and body position.
- Always be sure to complete a full body warm-up and stretch prior to each session.
- Avoid golf swings or complete sessions if they cause pain.
- Each session must be completed before advancing to the next session.
- While mild discomfort is expected occasionally, persisting pain should be evaluated by your healthcare provider.

**Golf Key: Chips = Pitching Wedge Short Irons = Wedge, 9, 8  
 Medium Irons = 7, 6, 5 Long Irons = 4, 3, 2  
 Woods = 3, 5 Drives = Driver**

**WEEK 1:**

DAY 1	DAY 2	DAY 3
15 putts	25 putts	20 putts
10 chips	15 chips	15 chips
5 min rest	5 min rest	5 min rest
15 chips	25 chips	20 putts
		15 chips
		10 irons off tee
		5 min rest
		10 chips

**WEEK 2:**

DAY 1	DAY 2	DAY 3
20 chips	20 chips	15 short irons
10 short irons	15 short irons	10 medium irons
5 min rest	5 min rest	5min rest
10 short irons	15 short irons	20 short irons
15 medium irons	15 chips	15 chips
	15 putts	
	10 medium irons	





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**WEEK 3:**

<b>DAY 1</b>	<b>DAY 2</b>	<b>DAY 3</b>
15 short irons	15 short irons	15 short irons
15 medium irons	10 medium irons	10 medium irons
5 min rest	10 long irons	10 long irons
5 long irons	5 min rest	5 min rest
15 short irons	10 short irons	10 medium irons
15 medium irons	10 medium irons	10 long irons
5 min rest	5 woods	10 woods
20 chips	5 long irons	10 drives

**WEEK 4:**

<b>DAY 1</b>	<b>DAY 2</b>	<b>DAY 3</b>
15 short irons	Play 9 holes	Play 9 holes
10 medium irons		
10 long irons		
10 drives		
5-10 min rest		
Repeat		

**WEEK 5:**

<b>DAY 1</b>	<b>DAY 2</b>	<b>DAY 3</b>
Play 9 holes	Play 9 holes	Play 18 holes

