

Balazs Galdi, M.D.
 140 Bergen Street, ACC D1610
 Newark, NJ 07103
 Tel: (973) 972-8240
 Fax: (973) 972-9367

RETURN TO GOLF PROGRAM

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:

<u>DAY 1</u>	<u>DAY 2</u>	<u>DAY 3</u>
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:

<u>DAY 1</u>	<u>DAY 2</u>	<u>DAY 3</u>
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

WEEK 3:

<u>DAY 1</u>	<u>DAY 2</u>	<u>DAY 3</u>
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:

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

WEEK 5:

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