

## RETURN TO SPORT PROGRESSION: Golf

The athlete must pass all functional tests and/or be cleared by sports medicine medical provider before beginning Return to Golf Protocol. Elite Sports Medicine offers a comprehensive golf analysis package, inquire with our staff to receive further information. Recommend pursuing Transitional Therapy for return to sport activities during this phase. Transitional Therapy is a strength and conditioning program that is led by medical professionals with a sports medicine background with the goal of transitioning from therapy back to sport. The athlete may progress through the phases as tolerated. Cross-training can be performed on off days. (Cross training can be done by performing non sport specific activities i.e. strength training, swimming, yoga, and/or PT home exercises). The home exercises and training activities in each phase are a comprehensive guideline, it is not necessary to complete every activity and/or exercise on the day you are training. The athlete should pick 1-2 activities or exercises per section to avoid over training. Each phase should be performed 2-3 times with one day rest between each session, the athlete should progress to the next phase once he/she is able to complete the current phase without pain, swelling, decreased range of motion or difficulty. While some soreness is expected if the athlete experiences pain, swelling, decreased range of motion during a phase, he/she should take a day off and go back to the prior phase where they were not experiencing pain and or difficulty completing activities. Do not keep moving through the phases if you are having pain or difficulty. Seek medical attention if necessary. The athlete should ice the affected area for 15-20 minutes following the activity.

### 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

	Phase 1	Phase 2	Phase 3	Phase 4	Phase 5
Begin putting and short distance chips	•	•	•	•	•
Progress golf swing and distance		•	•	•	•
Team practice			•	•	•
Match/ Competition				•	•
Tournaments (back to back days)					•

### Phase 1: Begin putting, chips, and golf swing:

- Full body warm up for 5-10 minutes: Step 1- 15 putts, 10 chips, REST, 15 chips. Step 2- 25 putts, 15 chips, REST, 25 chips. Step 3- 20 putts, 15 chips, REST, 20 putts, 15 chips, 10 irons off tee. Continue with Physical Therapy home exercises if indicated to do so

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### Phase 2: Progress golf swings and distance:

- Full body warm up for 5-10 minutes: Step 1- 20 chips, 10 short irons, REST, 10 short irons, 15 medium irons. Step 2- 20 chips, 15 short irons, REST, 15 short irons, 15 chips, 15 putts. Step 3- 15 short irons, 10 medium irons, REST, 20 short irons, 15 chips

### Phase 3: Return to practice:

- Graded return to practice, begin with 50% time and 50% effort initially: Step 1- 15 short iron, 15 medium iron, REST, 5 long iron, 15 short iron, 15 long iron, 20 chips. Step 2- 15 short irons, 10 medium irons, 10 long irons, REST, 10 short irons, 10 medium irons, 5 woods, 5 long irons. Step 3- 15 short irons, 10 medium irons, 10 long irons, REST, 10 medium iron, 10 long irons, 10 woods, 10 drives

### Phase 4: Return to 9 holes:

- Graded return to playing 9 holes at 75% effort and progress to 100% effort. 15 short irons, 10 medium irons, 10 long irons, 10 drives 10 min rest, REPEAT

### Phase 5: Return to 18 holes or full prior level of competition:

- Must be able to complete 9 holes at 100% effort with no pain or difficulty for 1-2 weeks before playing full round of 18 holes. Graded return to playing 18 holes and prior level of activity as tolerated.