



## Gordon I Groh MD, MBA

### Shoulder, Elbow & Hand Surgery

American Shoulder and Elbow Surgeons  
 American Society for Surgery of the Hand  
 American Academy of Orthopedic Surgeons

### Asheville Orthopedic Associates

*An Affiliate of Mission Health*  
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## INTERVAL GOLF REHABILITATION PROGRAM

Week	Monday	Tuesday	Wednesday
1 <sup>st</sup> 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
2 <sup>nd</sup> Week	10' chipping 10' rest	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
3 <sup>rd</sup> 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' driver	10' short iron 10' rest 10' long iron 10' rest 10' driver
4 <sup>th</sup> Week	Repeat last Tuesday	Play 9 holes	Play 18 holes

\*Flexibility exercises before hitting.

\*Use ice after hitting.

(')—Abbreviation for minute.