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Rehabilitation Guidelines for Golfers

This sport specific protocol is designed to be performed every other day. Each session should begin with the warm-up exercises outlined here. Continue the strengthening, flexibility, and conditioning exercise on the days you are not playing or practicing golf. Advance one stage every 2 to 4 weeks, depending on the severity of the shoulder problem, as each stage becomes pain free in execution.

Warm-up

Lower extremities: Jog or walk briskly around the practice green area three or four times; stretch the hamstrings, quadriceps and Achilles tendons.

Upper Extremities: Stretch the shoulder (posterior cuff, inferior cuff rhomboid) and wrist flexors and extensors.

Trunk: Do side-bends, extension and rotation stretching exercise.

Stage 1	Putt	50	3 times / week
	Medium Long	0	0 times / week
	Long	0	0 times / week
Stage 2	Putt	50	3 times / week
	Medium Long	20	2 times / week
	Long	0	0 times / week
Stage 3	Putt	50	3 times / week
	Medium Long	40	3 times / week
	Long	0	0 times / week
<i>Not more than 1/3 best distance</i>			
Stage 4	Putt	50	3 times / week
	Medium Long	50	3 times / week
	Long	10	2 times / week
<i>Up to 1/2 best distance</i>			
Stage 5	Putt	50	3 times / week
	Medium Long	50	3 times / week
	Long	10	3 times / week
Stage 6	Putt	50	3 times / week
	Medium Long	50	3 times / week
	Long	20	3 times / week

Play a round of golf in lieu of one practice session per week.