



COLUMBIA UNIVERSITY  
 CENTER FOR SHOULDER,  
 ELBOW AND SPORTS  
 MEDICINE

Christopher S. Ahmad, MD  
 Office (212) 305-5561  
 Fax (212) 305-4040

Louis U. Bigliani, MD  
 Office (212) 305-5564  
 Fax (212) 305-0999

Edwin Cadet, MD  
 Office (212) 305-4626  
 Fax (212) 305-4040

William N. Levine, MD  
 Office (212) 305-0762  
 Fax (212) 305-4040

Appointment Scheduling  
 (212) 305-4565

Mailing Address:  
 622 West 168th Street, PH-11  
 New York, NY 10032

Office Locations:  
 51 West 51st Street, Ste 370  
 New York, NY 10019

161 Ft. Washington Ave.  
 New York, NY 10032

500 Grand Avenue  
 Englewood, NJ 07631

cumc.columbia.edu

## Return to Golf Physical Therapy 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:

<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	



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### 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