

**Return to Golf Physical Therapy Protocol**  
John Conway, MD  
Clear Fork Orthopaedics – Fort Worth, Texas

- Every ball hit off a tee for first three stages
- Only three days per week with rest day in between until fifth stage
- May putt in all stages

**First stage:** One-half turn, loose hands, with easiest, most reproducible swing short iron (i.e. 7 iron, 8 iron), just to reestablish rhythm, consistent ball / club face contact and to have the shoulder / elbow begin to respond / remodel under sub-maximal loads.

**Second stage:** Same one-half turn, loose hands swing and work up and down two clubs (i.e. for 7 iron, work 9 iron to 5 iron)

**Third stage:** Same five clubs but begin to progress to full turn and follow through  
May start chipping at green side

**Fourth stage:** Same five clubs, begin to hit off the grass, initially with one-half turn, then full turn

**Fifth stage:** Work up and down through the rest of the irons or hybrid clubs, no drivers

**Sixth stage:** Begin hitting drivers

**Seventh stage:** Begin course play - but must improve ball position to level ground / good grass surface on all shots. 9 holes only first 3 rounds

**Eighth stage:** Normal play except no hitting from sudden deceleration risk positions (i.e. deep rough)

**Ninth stage:** Normal play

**Return to Golf Physical Therapy Protocol**  
Christopher Ahmad, MD  
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- 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.

**Guidelines:**

Golf Key:

Chips = Pitching Wedge  
Medium Irons = 7, 6, 5  
Woods = 3, 5  
Short Irons = Wedge, 9, 8  
Long Irons = 4, 3, 2  
Drives = Driver

**WEEK 1:**

DAY 1

15 putts, 10 chips, 5 min rest, 15 chips

DAY2

25 putts, 15 chips, 5 min rest, 25 chips

DAY3

20 putts, 15 chips, 5 min rest, 20 putts, 15 chips, 10 irons off tee, 5 min rest 10 chips

**WEEK 2:**

DAY 1

20 chips, 10 short irons, 5 min rest, 10 short irons, 15 medium irons

DAY 2

20 chips, 15 short irons, 5 min rest, 15 short irons, 15 chips, 15 putts, 10 medium irons

DAY3

15 short irons, 10 medium irons, 5 min rest, 20 short irons, 15 chips

**WEEK 3:**

DAY 1

15 short irons, 15 medium irons, 5 min rest, 5 long irons, 15 short irons, 15 medium irons, 5 min rest, 20 chips

DAY 2

15 short irons, 10 medium irons, 10 long irons, 5 min rest, 10 short irons, 10 medium irons, 5 woods, 5 long irons

DAY 3

15 short irons, 10 medium irons, 10 long irons, 5 min rest, 10 medium irons, 10 long irons, 10 woods, 10 drives

**WEEK 4:**

DAY 1

15 short irons, 10 medium irons, 10 long irons, 10 drives, 5-10 min rest, Repeat

DAY 2

Play 9 holes

DAY 3

Play 9 holes

**WEEK 5:**

DAY 1

Play 9 holes

DAY 2

Play 9 holes

DAY 3

Play 18 holes