



IMG PHYSICAL THERAPY

805 N RICHMOND STREET, SUITE 103, FLEETWOOD, PA 19522

PHONE: 610-944-8140

WWW.IMGPT.COM

CHRIS GORDOS, DPT ERIC PARRISH, MPT ANDREA MILLER, DPT

RETURN TO GOLF PROGRESSION PROGRAM

**** IMPORTANT **** DO NOT begin the next phase if PAIN OR SYMPTOMS are present within 24 hours of performing the current phase. You should advance no more than one phase per day. Phases 1-6 hit 25 balls each with 1 minute rest after each hit. Phases 1-6, use a tee to off from, as to not hit the ground with your club. Always warm-up and cool down with stretching program.

5 Minute rest between phases when performing Phases 2-6

Phase 1: Chipping with Pitching or Sand Wedge 50 yards or less (25 balls)

Phase 2: Repeat Phase 1 and Add short irons (9 or 8-iron) 125 yards or less

Phase 3: Repeat Phase 2 and add mid-irons (7, 6, or 5-irons) 175-200 yards or less

Phase 4: Repeat Phase 3 and add long irons (4 or 3-irons) 230 yards or less

Phase 5: Repeat Phase 4 and add woods (3, 5, 7, or Hybrid)

Phase 6: Repeat Phase 5 and add Driver

Phase 7: Play 9 holes after Warming-Up

Phase 8: Play 18 holes after Warming-Up

Phase 9: Play 18 holes on back-to-back days

Phase 10: After 3-4 weeks of pain free Phase 8 you can play 36 holes in one day



Club Swinging Warm-up (complete after warm-up exercises listed below)

1. Take 7 iron and perform 10-15 half swings at 50% effort
2. Take 5-10 full swings starting at 50% and increasing to 100% effort
3. Swing Driver 10 times, progressively increasing the intensity
4. Driving Range: Hit 25-30 shots with varying clubs
5. Putting Green: Putt and Chip for 5-10 minutes

PRE-ROUND WARM-UP EXERCISES



1. Dynamic Swing Kicks

a. *Instructions:* while holding onto club, swing one leg across your body and outward 20 times, and then forward and back 20 times.

b. *Parameters:* 20 swings each direction with each leg



2. Standing Lumbar Rotations

a. *Instructions:* Hold club in both hands while shaft rests on your shoulder blades. Slowly turn as far as you can to your right, hold for a breath in/out, and turn as far as you can to your left, breath in/out.

b. *Parameters:* 5 second holds x 15 turns each direction

3. Standing Lumbar Side Bending

a. *Instructions:* Hold club in both hands overhead with club shaft horizontal to ground. Gently side bend to your left making sure not to bend at your hips. Repeat to the right.

b. *Parameters:* 5-20 seconds x 10 reps



4. Rotating Toe Touches

a. *Instructions:* While standing raise both arms in the air, bend over at the waist reaching left arm toward right foot and return to upright position. Bend over while reaching right arm toward left foot.

b. *Parameters:* 20 toe touches toward each foot



5. Squat with Overhead reach

a. *Instructions:* hold one golf club with both hands and rest on your shoulders. Squat down while extending both arms in the air.

b. *Parameters:* 15 squats

c. *Precaution:* squat to a comfortable depth that you will not have difficulty rising from.



6. Wrist Stretches

a. *Instructions:* While keeping elbow straight, pull all fingers back toward the top of your hand. After this, pull all fingers down bringing your palm toward your elbow.

b. *Parameters:* for each hand, complete 30 seconds x 3 each direction



7. Posterior Capsule Stretch

a. *Instructions:* Cross right arm across your body and apply gentle overpressure at elbow with left hand pulling your right elbow toward your left shoulder.

b. *Parameters:* 30 seconds x 3 each arm

NOTICE: If you are having any pain with any of these exercises, besides muscle soreness, please contact IMG-PT at 610-944-8140, and our excellent staff would be happy to help with your rehabilitation to get you back on the golf course. **Warning:** This exercise program may add distance to your drive, but we cannot guarantee you will hit the ball any straighter.