



Return to Golf Protocol

INSTRUCTIONS FOR ALL STEPS

1. Warm up: 5–10 min dynamic mobility
 2. Monitor pain and fatigue (RPE 0–10; aim <7).
 3. Rest as indicated; if pain occurs, pause, repeat previous step, consult PT.
 4. Complete steps every other day; each step requires two pain-free sessions before progressing.
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Step 1 – Introduction / Low Load

- 10 putts (mixed distance)
- 15 chips
- Repeat once
- 10 short irons (5 PW, 5 9-iron) @ 50% intensity, focus on mechanics
- Goal: Activate swing muscles, reinforce mechanics

Step 2 – Early Load Progression

- 20 chips
- 10 short irons (10 PW) @ 75%
- 10 short irons (5 9-iron, 5 8-iron) @ 75% 15 medium irons (5 7-iron, 5 6-iron, 5 5-iron) @ 50%
- Adjustment: Split medium iron set into 2 shorter sets with a 2–3 min rest

Step 3 – Short Iron Intensity

- 15 chips
- 15 short irons (PW) @ 100%
- 15 short irons (8-iron) @ 75%
- 15 greenside chips
- 15 medium irons (5-iron) @ 75%
- Goal: First full-intensity short iron swings; focus on controlled mechanics

Step 4 – Mixed Intensity / Rest Integration

- 15 short irons (PW) @ 100%
- 20 medium irons (10 7-iron, 10 5-iron) @ 75%
- Rest 10 min
- 20 short irons (10 PW, 10 8-iron) @ 100%
- 15 chips
- Goal: Build swing tolerance; prevent fatigue-related breakdown



Step 5 – Introducing Long Irons

- 10 short irons (PW) @ 100%
- 10 medium irons (10 7-iron, 10 5-iron) @ 100%
- 15 short irons (9-iron) @ 100%
- 15 medium irons (10 6-iron, 5 5-iron) @ 75%
- 5 long irons (4-iron) @ 50%
- Rest 10 min 20 chips
- Goal: Gradually load long irons; monitor discomfort
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Step 6 – Long Irons & Woods

- 15 short irons (10 PW, 5 9-iron) @ 100%
- 15 medium irons (10 6-iron, 5 5-iron) @ 100%
- 10 long irons (4-iron) @ 75%
- Rest 10 min
- 10 short irons (PW) @ 100%
- 10 medium irons (5-iron) @ 100%
- 5 long irons (4-iron) @ 75%
- 5 woods @ 50%
- Goal: Continue increasing load while maintaining technique

Step 7 – Full Swing Integration

- 15 short irons (PW) @ 100%
- 15 medium irons (7-iron) @ 100%
- 10 long irons (4-iron) @ 100%
- 10 drives @ 75%
- Rest 15 min
- Repeat session if pain-free
- Goal: Build endurance and confidence with full swings

Step 8 – Course Simulation

- 10 short irons (PW) @ 100%
- 10 medium irons (7- or 8-iron) @ 100%
- 10 long irons (4- or 5-iron) @ 100%
- 5 woods @ 100% 5 drives @ 100%
- Play 3–6 simulated holes (light course integration)
- Goal: Transition from range to course; monitor fatigue

Step 9 – On-Course Play

- Play 9 holes, focus on mechanics and pacing
- Goal: Assess swing tolerance and endurance

Final Step – Full Return

- Play 18 holes
- Track post-round soreness and fatigue (back, wrists, elbows)
- Adjust practice frequency if RPE >7 or soreness >2/10
- Goal: Full return to play

This content is for informational and educational purposes only. It does not take the place of medical advice or treatment from a physical therapist or other healthcare provider. Please consult with a physical therapist or healthcare provider for specific health concerns or questions.