A close-up of a logo

Description automatically generated

Criteria to initiate program:

* Proper alignment and eccentric control with bilateral and unilateral closed chain movements.
* Complete 4 week return to jogging program to build aerobic base to prepare for more intense runs. Athlete should be able to jog for 10 consecutive minutes prior to starting program. Goal is not speed or distance when jogging 10 minutes but having a solid aerobic foundation to build upon.
* Single leg single hop test and single leg press >70% on Limb Symmetry Index.

Key notes:

* Perform program on every other day basis to allow for 24-48 hours of recovery time.
* Perform each level for 2-3 sessions before moving on to next level- move to next level once able to complete with proper mechanics, good strength, and without symptoms.
* Brace on when prescribed by MD.
* Athletes will progress at different rates through the program dependent upon confidence, degree of inflammation, severity of injury, age, and type of surgical intervention. Pain and swelling are the best guides to determining tolerance at each phase and whether an athlete should progress to the next step.
* Setbacks are common during return to sport progressions and sound judgment should be used regarding an extra rest day(s) or regressing back to prior phase if pain and swelling are problematic.
* Continue with lower extremity, core and rotator cuff strengthening exercises 2-3 times a week while progressing program- strengthening exercises may overlap days of hitting program and be performed after hitting; however, must have one complete rest day per week.
* Active warm-up to initiate each session with cooldown following. Ice for 10-15 minutes following session as pain and swelling dictate.
* It is crucial to work with a golf pro for evaluation and correction of golf swing for biomechanical faults or inefficiencies.

Active warm-up

Pre-running drills (15 yards down and back each): jogging, skipping, side shuffle, backpedal, high knees, butt kicks, grapevine

Dynamic stretching routine to upper extremity, trunk, and lower extremity (10 yards down and back each): single leg RDL, quad stretch, side lunge, forward lunge, reverse lunge, knee tucks, glute stretch, inchworms, arm swings

Cool down

5-10 minutes global upper extremity, trunk, and lower extremity stretching

Ice for 10-15 minutes as pain and swelling dictates

Phase I: Chip and Putt

Weeks 0-2:

Follow each level for 1-2 sessions advancing as pain, swelling, and conditioning permits.

* Level 1: 20 minutes putt and chip (<30 yards)
* Level 2: 20-30 minutes putt and chip (<50 yards)

Phase II: Irons

Weeks 2-4:

Follow each level for 1-2 sessions advancing as pain, swelling, and conditioning/strength permits.

* Level 1: 30-40 balls resting 3-5 minutes at the midpoint
* Level 2: 40-50 balls resting 3-5 minutes at the midpoint
* Level 3: 50 balls resting 3-5 minutes at the midpoint

Phase III: Irons and Drivers

Weeks 4-6:

Follow each level for 1-2 sessions advancing as pain, swelling, and conditioning/strength permits. Able to putt and chip after if desired.

* Level 1: 15 driver/30 irons, resting 3-5 minutes at the midpoint
* Level 2: 20 driver/40 irons, resting 3-5 minutes at the midpoint
* Level 3: 20 driver/40 irons, resting 3-5 minutes at the midpoint (increase intensity)

Phase IV: Course Progression

Weeks 6-10/12:

Follow each level for 1-2 sessions advancing as pain, swelling, and conditioning/strength permits.

* Active warm up followed by hitting 25+ balls (mix of drivers, irons, and chipping)
* Level 1: 9 holes with at least 24 hours rest between rounds
* Level 2: 9-12 holes with at least 24 hours rest between rounds
* Level 3: 12-15 holes with at least 24 hours rest between rounds
* Level 4: 15-18 holes with at least 24 hours rest between rounds
* Level 5: 18 holes back-to-back days
* Level 6: 18 holes, unrestricted 3-day tournament