

GOLF CORRECTIVE EXERCISE PRESCRIPTION

CLIENT HANDOUT

I have undertaken CPD training in biomechanics, profiling, and exercise prescription. This enables me to be able to assess your body biomechanically to a good level, and prescribe some basic corrective exercises to improve your golf swing.

All exercises are safe, as long as you adhere to the following instructions:

- If you are suffering an injury, seek medical advice prior to performing the stretching routine.
- Only perform the exercises as outlined by your PGA Pro.
- If you are unsure how to do a particular exercise, or you do not feel a stretch while performing the exercise, stop and seek advice from your PGA Pro.
- The best time to perform these stretches is when the body has been warmed up, for example immediately after a warm bath. Stretching when the body is cold could cause injury.
- A stretch should start gradually, and be comfortable. Do not bounce into a stretch. If you feel pain, stop all the exercises and consult a medical professional.
- Do not perform the stretches immediately before playing golf but stretch at least 45 minutes prior to playing, if not the night before.

Benefits to You

- Improved golf posture
- Greater flexibility in your golf swing
- Longer Drives
- Reduced risk of injury
- Reduced soreness from playing

Stretch 1 – Neck Rotator Stretch

Normal neck rotation is 70-90°, however golfers should aim to achieve 85-90° of rotation for effective back-swing phase.

This exercise will help you to stretch the neck muscles to allow a greater range of neck rotation.

Tilt your head toward one shoulder until you feel the stretch on the opposite side. Using your hand gently pull your head further to the side. You should feel a stretch on one side of the neck.

Hold for 30 seconds and repeat three times both sides.



Stretch 2 – Spine Stretch

It is very important for all phases of the swing that the spine can rotate maximally (90° being preferable). This exercise will give you greater flexibility in the spine, as well as reducing any aching in the back commonly experienced after the driving range.

Exercise 1: Bend to the side, running the arm down the leg. You should aim to reach the knee crease on the leg, if not further. You may bring the opposite arm above the head as shown in the second picture to make the stretch stronger. You should feel a stretch along the opposite side of the body.

Hold for 30 seconds and repeat three times both sides.



Exercise 2: Lying on your back bring a flexed knee over the other leg and push your flexed knee towards the floor with your hand. Then reach with the other arm to the opposite side. You should feel a stretch going right the way down the spine.

Hold for 30 seconds and repeat three times both sides.



Stretch 3 – Hamstring Stretch

The hamstring muscles are a group of three muscles located at the back of the thigh. Very few of us have hamstrings which are adequate in their length, and hamstring shortening is a major problem when it comes to playing golf. Short tight hamstrings tighten the pelvis, reducing your ability to rotate, and affecting your golf address posture. Tight hamstrings are also commonly related to chronic back ache.

To stretch the hamstrings, stand up keeping the back straight with a normal lordosis (lumbar curve). Put a straight leg up onto a Swiss ball or a chair and gently push the leg downwards. You should feel a stretch in the back of the thigh.

PLEASE NOTE: you do not need to bend the back forwards to stretch the hamstrings.

Hold for 30 seconds and repeat three times both sides.



Stretch 4 – Hip Rotators

Full Internal rotation of the hip joint is very important during the golf swing to allow the pelvis to rotate, and to prevent overuse of the shoulders, trunk, elbow and wrist. During the follow through phase, tight hip rotators will cause the foot to spin out and this can throw the golfer off balance.

To stretch, sit down and bend your leg towards your chest and crossed over the other leg. Pull your flexed knee with your hand towards your chest. This should create a stretch in the buttock.

Hold for 30 seconds and repeat three times both sides.



Stretch 5 – Shoulder Rotators

Shoulder rotation is very important for every phase of the golf swing, with a tightness negatively affecting the swing axis. However, probably the most recognisable result of tight shoulder rotators is a reduction in backswing with the club unable to get to the horizontal.

Shoulder rotators can turn the shoulder inwards, or outwards, and both are important for the golf swing. The muscles are located around the shoulder and include small muscles next to the shoulder joint, and larger muscles of the chest and back.

Exercise 1: To stretch the inward rotators and chest muscles, place a hand wrapped around a door-frame or the corner of a wall and out-stretch the arm. Now rotate the body away from the fixed arm to create a stretch in the arm, shoulder and upper chest. You can vary the angle of the arm to horizontal. You should feel a stretch across the chest, and into the shoulder and top of the arm.

Hold for 30 seconds and repeat three times both sides.



Exercise 2: To stretch the outward rotators, place one arm behind the lower back. Now grip the wrist of the arm to be stretched, and resist an upward movement. This exercise may take some practice to feel the stretch, but is often made easier by “pointing” the stretched shoulder forwards. You should feel a stretch deep in the shoulder joint.

Hold for 30 seconds and repeat three times both sides.

