

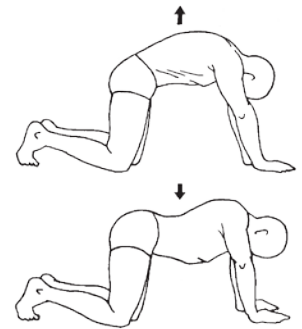
## Golf Warm-Up Home Exercise Program

This is a beginning exercise program designed to establish a sound flexibility and strength foundation to improve golf performance and decrease risk of injury.

These exercises should be performed pain free. When starting any exercise program, please contact your physician for approval.

### 1. Back arch / sag

- A. Position self on floor in the hands and knees position, shoulders over hands, hips over knees. (Keep your head relaxed throughout.) Begin by arching your back like a cat. Then allow back to sway (sag) like an old donkey, keeping elbows straight and letting sternum move toward floor. Try to start each movement with your pelvis. Slow control is the intent of the exercise. Repeat 10 to 20 times.



- B. Stretch low back by sitting buttock toward heels. Hold for

10 to 20 seconds.



### 2. Trunk (back) side bending

- A. In the hands and knees position, turn head to the right, looking to the outside of your right foot. You should feel a stretch to the left side of your trunk. Repeat looking motion 5 times each side.
- B. Stretch by raising arm across body and sitting buttock toward heels. Hold for 10 to 20 seconds.



### 3. Standing side of trunk stretch

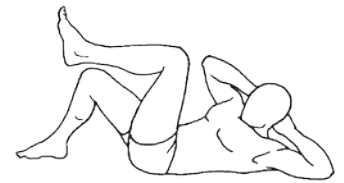
Reach arm across body, grasping doorway. Step back and across body with same side leg. Let body lean into same side hip for stretch. Hold for 10 to 20 seconds.



*Continued*

#### 4. Abdominal trunk rotation

Lie on your back with knees bent and feet flat on the floor. Slowly reach hand or elbow toward opposite knee while raising knee. Repeat 10 to 20 times. Progress by increasing 1 to 2 repetitions each exercise session.



#### 5. Sitting rotation

Sitting with efficient posture, fold arms across body. Turn with head and shoulders, looking over shoulder. Repeat 5 to 10 times. Repeat looking over opposite shoulder. **Perform controlled motion without straining.** Repeat with head, maintaining head looking forward position.



#### 6. Hip rotator stretch

Lie on your back with knee bent and foot flat on the floor. Slowly lower your knee outward until a stretch is felt on the inner thigh. Return, bringing knee across body to feel stretch in outer hip area region. Repeat 10 times.



#### 7. Low back / buttock stretch

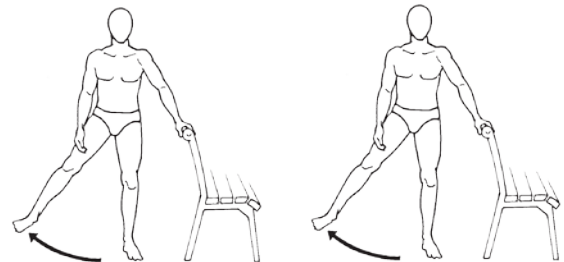
Lie on your back, bringing one knee toward your chest. Place hands behind knee, gently bringing knee toward chest until a stretch is felt in buttock and lower back. Hold for 20 to 30 seconds. Repeat 3 to 5 times per leg.

**Variation:** Bring knee toward the opposite shoulder to stretch the lateral buttock.



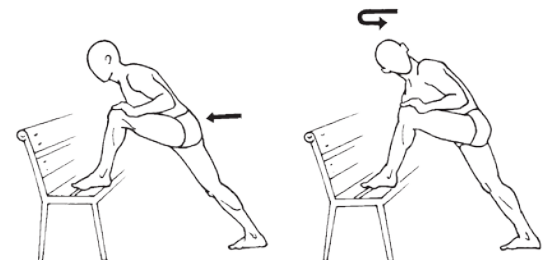
#### 8. Hip warm-up

Reach arm across body, grasping doorway. Step back and across body with same side leg. Let body lean into same side hip for stretch. Hold for 10 to 20 seconds.



#### 9. Hip stretch

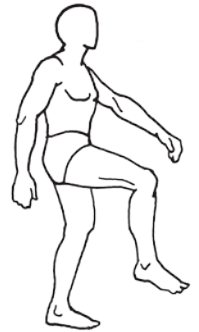
- A. Place left foot on top of bench seat or cart. Bring chest to left knee. Let right hip lean forward. Stretch should be felt in the front portion of the right hip. If stretch is not felt, position right foot further away from bench. Hold position for 20 seconds.
- B. Maintain chest to knee position and turn head to the left, to look over the left shoulder. This will help improve back rotation. Repeat 5 times. Repeat with right foot on bench.



Continued

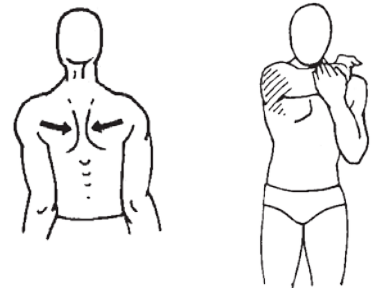
## 10. Single leg balance

- A. Stand in front of chair to assist with balance. Stand on single leg with slight knee bend. Position kneecap over second toe. Hold position for 20 to 30 seconds. Progress to one-minute holds. Repeat 5 times.
- B. Progress to single leg standing unassisted.
- C. Attempt to perform with eyes closed when ready.



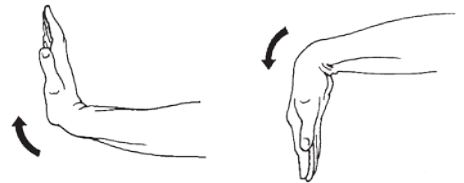
## 11. Shoulder blade squeeze / stretch

- A. Stand or sit with efficient posture. Let shoulder blades roll forward, then bring blades back together. Repeat 10 to 20 times. Keep hands at side, allowing motion to occur at shoulder blades only.
- B. Stretch shoulder by bringing arm across body. Hold 10 to 20 seconds. Repeat each side.



## 12. Wrist flexion / extension

Bend wrist up and down. Repeat 10 to 20 times.



## 13. Wrist extension stretch

Have elbow straight. Grasp palmar surface of hand and bend wrist back toward face for a mild stretch. Hold for 20 to 30 seconds.



## 14. Wrist Flexion Stretch

Have elbow straight. Grasp hand and bend up until a mild stretch is felt. Hold for 20-30 seconds.

