

April 27th, 2023

SWING INTO ACTION



Warm up exercises



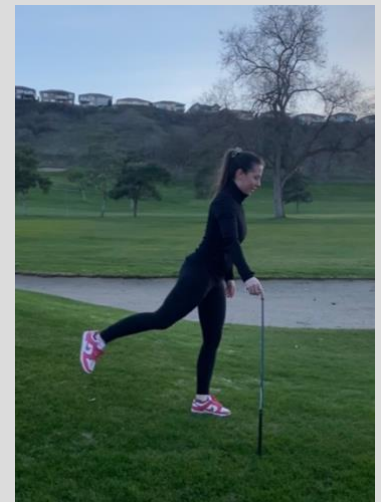
EASTHILL PHYSIOTHERAPY + ACUPUNCTURE

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#1. Hip Swings: front to back

30 seconds each leg

- Use club or chair/table/wall to help with balance
- Stand on one leg while you swing leg forward and backward
- When swinging forward you should feel a bit of a hamstring stretch
- When swinging leg backwards try and squeeze the glute so that you aren't arching your lower back



#2. Hip Swings: side to side

30 seconds each leg

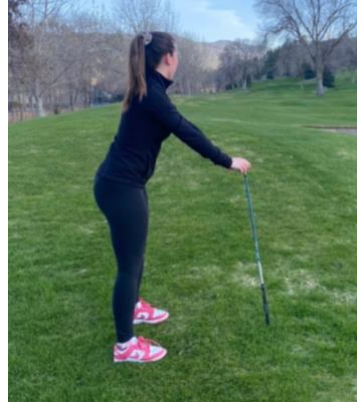


- Use your golf club or a chair/table/wall for stability
- Stand on one leg while you swing the opposite leg out to the side and back across the midline of your body.
- When swinging outwards you should feel a bit of a groin stretch
- When swinging across your body you may feel a bit of a stretch on your outer hip

#3. Squat

10-12 reps

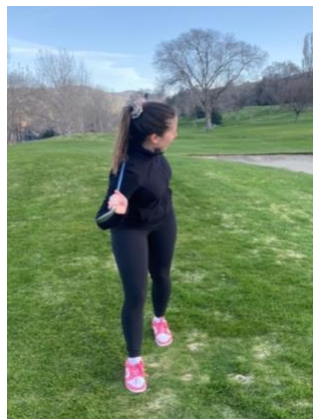
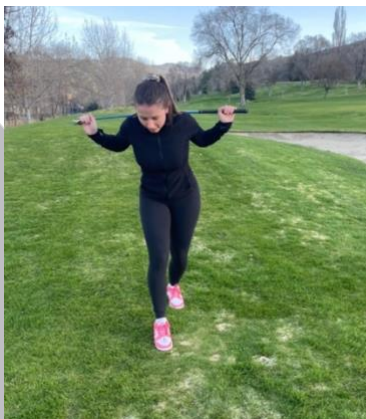
- Use your golf club or a chair/table/wall for stability
- Stand with your feet hip width apart
- Lower yourself into a squat position
- Maintain a stable and neutral core
- Return to standing by contracting your glutes



#4. Split stance trunk rotation

5 rotations each direction with both right then left leg leading

- Place your golf club behind your shoulders
- Stand with your feet off set in a "split stance" (one foot slightly forward and one back)
- Bend your knees slightly and slightly hinge at your hips (golf posture)
- Keep your lower body still while you rotate your upper body left and then right
- Return to your starting position.
- Repeat the reps/sets for both right and left rotation with the opposite foot in front



#5. Trunk rotation

3 reps (1 rep = 1 side bend and deep breath) per side x 2 sets

- Sit down on a chair so that your lower body stays stable
- Put your hands behind your head
- Rotate your upper body to one side
- When you get to the point where you can't rotate anymore side bend to the same side that you rotated and take a deep breath
- Return to upright and you should be able to rotate a bit further



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