



Improving Your Golf Game – It's Not as Hard as You Think, Part 1

Travis Manners, PT, SCS, CSCS

With summer getting into full swing, the distinct sound of “ping” starts to fill the air. So there you are, on the tee box with your buddy (or maybe your boss or that client you want to impress) and you just got out driven by a good 30 yards. How embarrassing. The game of golf can be a humbling one, but rest assured it does not have to be as soon as you have the keys to helping you reach your maximum swing

potential.

The golf swing represents the perfect blend of joint mobility, joint stability, and total body power. If any of the three physical components are missing, your game may not be reaching its maximum swing potential. In this three part series, I will provide you with exercises specific for each physiologic category affecting your golf swing. We will begin this week with joint mobility.

In order to maximize rotation in the backswing, downswing, and follow through, the golf swing requires mobility of two keys areas of our body: the thoracic spine and the hip joints. The rotation gained in these two areas helps contribute to a fuller swing and thus increased force generation in the swing.

Thoracic Spine Mobility:

Exercise One – Foam Roller Extensions

Start: Begin with a 6” round foam roller positioned just underneath the level of your shoulder blades. Fingers should be interlocked behind your head with your elbows pointing straight ahead.

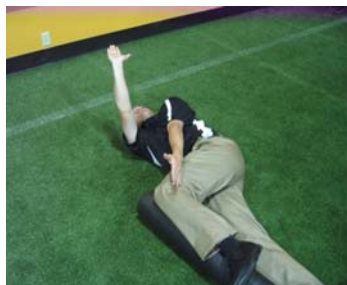
Finish: Keeping your buttocks on the ground, lean back as far as you can. Hold 5 seconds and return to starting position. Repeat 6 times and then move the roller up your back a couple of inches and repeat again.



Exercise Two – Sidelying Overhead Reaches

Start: Lying on your right side with your right leg straight, your left knee bent to a 90 degree angle, and resting on a ball or foam roller with your right arm raised to the ceiling. Your left hand will be resting on the top of your left knee.

Finish: Lightly push the inside of your left knee against the ball or foam roller, then reach for the floor overhead with your left arm. Hold 5 seconds then return to starting position. Repeat 6-10 times, then switch sides.



START



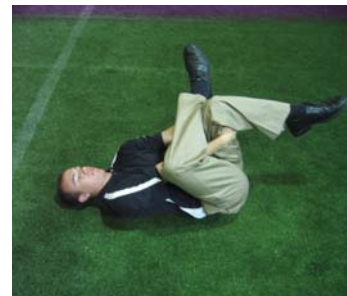
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Hip Mobility:

Exercise One – Figure 4 Stretch

Start: Lying flat on your back with your knees bent and feet flat on the ground, cross your right foot over your left knee.

Finish: Keeping your right foot on your left knee, reach down and grab behind your left knee with both hands and pull your knee to your chest. As your knee and foot get closer to your chest you will get a great stretch in your right hip and piriformis. Hold for 5 seconds. Repeat 6-10 times, then switch legs.



Exercise Two – Wall Hip Internal Rotation Stretch

Start: Lying flat on your back with your knees bent to 90 degrees and your feet resting on the wall just outside the width of your shoulders.

Finish: Using your hands, push your knees together so the inner aspect of the knees are touching each other. You should feel the stretch in the back of your buttocks or in your groin. If you do not feel much of a stretch, widen your feet position and repeat. Once you find the right position, hold the knees together for 5 seconds. Repeat 6-10 times.

