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GOLF EXERCISES – ENDURANCE BUILDING & STRENGTHENING

Introduction

Building overall endurance and strength can be particularly beneficial for the golfer. The primary benefits include: limiting the risk of golf-related injuries, stabilizing the body (core/hips/legs) for a balanced golf swing, increasing club head speed, increasing the overall flight and distance the ball travels, and guess what...actively participating in this home program *will likely improve your golf score!*

The following exercises serve as **key** endurance building/strengthening exercises for the golfer. The exercises focus on those muscles essential for the back swing, down swing and follow through. Certainly, more exercises can be added, but these exercises, in and of themselves, serve as especially valuable for the golfer.

You will find it interesting that there are a limited number of upper extremity exercises in this handout. Please know the vast majority of strength in the golf swing comes from the trunk, hips, gluts and legs. Thus, it is fortunate for our patients with upper extremity medical conditions and surgeries to know that the physical demand on the upper extremities is less than the lower extremities.

This series of exercises do not include exercises that generate compressive loads to the wrist, elbow, and shoulder. 44% of all golf-related injuries occur to the wrist and 19% to the shoulder. [Note: Shoulder problems are prevalent in amateur women (28%), largely due to poor upper body strength.] Thus, the exercises included in this handout avoid repetitive compressive loads to the upper body. In addition, the exercises limit stress on the low back and serve to strengthen the low back. It has been reported, low back problems are present in 44% of professional golfers, 49% in amateur male golfers and 28% in amateur female golfers.

Hopefully, it is helpful and exciting to know that many exercises can be performed safely in the early stages of recovery from upper extremity medical conditions, injuries and surgeries. Gradually, you will be able to resume all the exercises shown in this handout. Please remember "*more is not better*" with your home program. Follow the guidance of your therapist.

HOME THERAPY PROGRAM

Your therapy program has been custom-designed, based on your initial evaluation. Outlined below is the therapy program for you to follow to facilitate your return to golf and your golf performance. The exercises selected focus on the key muscles of the golf swing and those that can help prevent common golf-related injuries. The exercises are meant to be performed easily at home, with limited equipment and within a short period of time. The goals of the home program include: facilitate return to golf safely, build total body endurance & strength, better understand the importance of the key muscles associated with the golf swing, prevent future golf-related injuries and ultimately improve the golf game!

Let's get started...

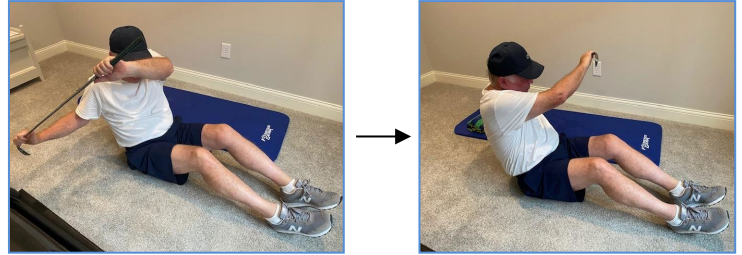
General Guidelines

- Always warm up for 3-5 minutes before performing the exercises. [Example: brisk walk, treadmill]
- Complete _____ repetitions of the circled exercises.
- Perform each exercise *slowly*, holding the end-range for 5 seconds.

Abdominal & Chest Exercises



1. Holding a _____ weight, while simulating a golf swing, rotate your trunk & shoulders to the right and then to the left.



2. Holding a golf club or dowel rod (while simulating a golf swing), rotate your trunk & shoulders to the right and then to the left. [Note: avoid with back issues]



3. Begin with wall push-ups, especially in the presence of a wrist or shoulder problem.



(A)



(B)

4. (A) Transition to push-ups on a countertop, bending and straightening the elbows.
(B) A traditional push-up may be performed, assuming you have adequate strength and pain-free wrists & shoulders.

Chest & Back Exercises



5. While lying on your back, bend both your hips & knees to a right angle (90°), then return the legs slowly to the floor. [Note: Another exercise while supine with the hips flexed in this starting position is to extend the left leg while reaching overhead with the right arm. Return to the start position and switch leg & arm.]



6. (A) Holding a _____ pound weight, raise the weights upward, toward the ceiling (then thrust the shoulders forward, even closer to the ceiling).
(B) Bend over at the waist while holding _____ weights. Raise the weights up to the side of your body.



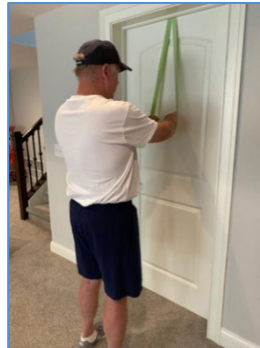
Chest & Back Exercises (continued)



7. On your stomach, with your neck supported, and your arms by your side, raise your legs and arms off the floor.



8. On your stomach, raise your arms (thumb up position) and legs off the floor. Support your neck on a pillow/towel.

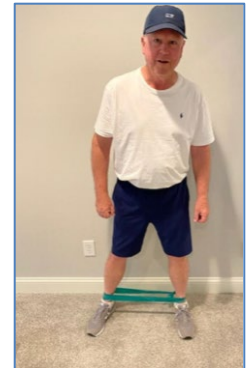


9. With elastic tubing securely placed on the door, pull your arms down toward your knees. This may be done standing or sitting.

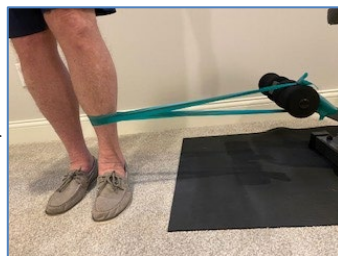
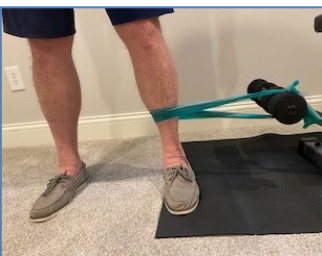
Back & Hip Exercises



10. Secure elastic tubing behind the door hinge. Make sure the door is completely closed. While sitting in a military, upright position and using both arms, pull the tubing to your chest.



11. With elastic tubing near your ankles, side step each leg (widened stance) to place tension on the tubing.



12. With the tubing around one leg, actively draw your leg in closer to the other leg.



13. While lying on your side, slowly raise

and lower your leg.

Leg Exercises



14. With your feet on an edge, raise and lower your ankles.



15. Perform exercise #14 while holding a 10-15 pound weight to add resistance to your calf muscles.

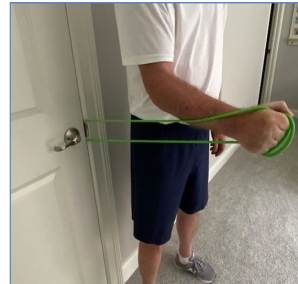
Rotator Cuff Exercises – Tubing



16. With tubing in your hand and your elbow by your side, bring your arm away from your body.



17. With tubing in your hand and your elbow by your side, bring the tubing across your stomach.

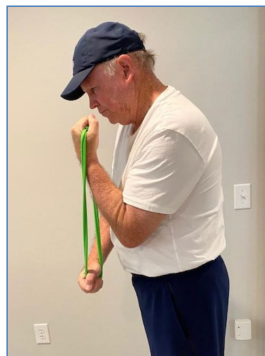
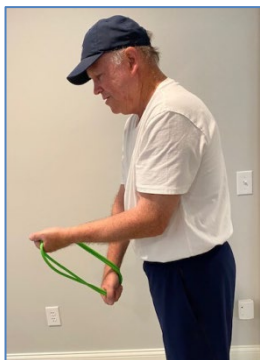


18. With your back to the door, push your arm forward.

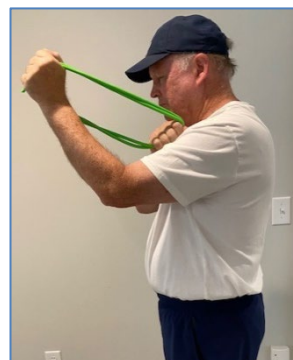


19. Facing the door with your arm straight, pull the tubing back to the side of your body.

Elbow Exercises



20. Use tubing or a hand-held weight (____ pounds) for biceps strengthening.



21. Use tubing or a hand-held weight (____ pounds) for triceps strengthening.

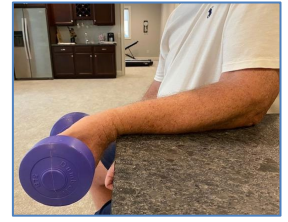
Wrist Exercises



(A)



(B)



22. (A) With the elbow straight (resting on the countertop) and the wrist over the edge of the countertop, bend and straighten the wrist very slowly with a _____ pound weight. (B) Should there be pain with the exercise, begin with the elbow bent 90° (pain-free range).

23. Bend and straighten your wrist over the end of a table with your palm up, while holding a _____ pound weight. [Note: The elbow may be bent.]

24. With your palm facing up and while holding a hand exerciser, repeat _____ repetitions.

Additional Exercises:

- _____
- _____

Home Program

- Perform the circled exercises. Additional exercises may be added as indicated.
- Perform _____ repetitions of each exercise.
- Hold the end range of each exercise for _____ seconds.
- Perform the exercises _____ times a day week
- **Discontinue any exercise** that increases your level of pain. Some soreness is expected, but that should go away within an hour or two following exercise.
- If you were advised to wear a wrist strap or brace while performing the exercises, please be sure wear the added support.
- Stay committed to your exercise schedule!
- If you have begun the transition back into practicing and playing golf, perform the endurance & strengthening exercises on days when you are not practicing and playing.

Additional Suggestions

- For quality health, stay well hydrated and eat healthy! Proper nutrition will help keep your soft tissue structures (muscles, ligaments, tendons) and joints strong and flexible.
- Swimming is a great exercise for the total body. It is pretty ideal for the golfer.
- Ask fellow golfers to exercise with you.
- If you have not been able to play golf due to a medical condition, injury or surgery, just go out with your friends and walk/ride along. You will be happier and it will keep you connected to your sport!
- Practicing your putting can greatly benefit your golf game. If you can putt, but not swing your clubs yet, make this the current priority for improving your game.

Golf Handouts

- We have a number of handouts available on golf, including our golf evaluation, a series of stretching and endurance/strengthening exercises, patient education (injury prevention), and a practice and playing schedule for a gradual return to golf. The forms are available at www.indianahandtoshoulder.com Click on the Therapy section to print.