Getting Ready for Golf

Playing golf requires your body to be flexible, stable and strong. Here are some exercises to help your game and prevent injuries. Perform these exercises one to two hours prior to each round or practice session.

Open Book

Lie on side with knees and hips in a 90 degree angle.
Place palms together with elbows straight.
Slide upper elbow across body and rotate trunk.
Take a deep breath in and out, return to starting position.
Repeat 10 times on each side.

Bridges

Lie flat on back.
Bend knees and place feet and palms flat on the ground.
Push heels into the ground, squeeze buttocks muscles to lift hips off the ground.
Hold for two seconds. Lower to the ground.
Repeat 10 times.
Push-Up Plank

Set up in push-up position with hands under shoulders and elbows straight.
Place feet so that hands and feet form a straight line.
Hold stomach and buttocks muscles tight to hold a straight line for 30 seconds.
Repeat 2-3 times.

Dog and Cat

Set up in “all fours” position with hands under shoulders and elbows straight.
Place knees under hips in line with hands.
Lift head and sag lower back into “dog” position.
Lower head and arch to raise lower back into “cat” position.
Slowly repeat 10 times, with control.

Upper Trunk Rotation

From “all fours” position, sit on heels with toes curled under feet.
Place forearms together on the ground.
Place hand on back of head, turn eyes toward elbow.
Without leaning the body, rotate upper trunk as far as possible. Return to starting position.
Repeat 10 times on each side.

Hip Turns

Stand holding driver handle.
Place feet shoulder width apart with toes forward.
Hold upper body still, rotate hips in both directions.
Repeat 10 times in each direction.
Stork Turns

Perform “Hip Turns” while standing on lead leg only. NOTE: For right handed golfers, this is the right side.

Repeat 10 times.

Repeat on trail leg.

Toe Touch Progression

**Toe Touch — Toes Up**

Place toes on slightly elevated surface (e.g. towel roll) with feet together.

Place towel between legs just above the knees. Raise arms overhead. Breathe in. Push hips back and reach down for your toes while breathing out. Bend knees, if needed, to reach toes.

Return to standing and repeat 10 times. Remove the towel.

**Toe Touch — Heels Up**

Place heels on slightly elevated surface (e.g. towel roll) with feet together.

Follow “Toes Up” instructions above and repeat 10 times.

**Toe Touch — Flat Feet**

Place towel between legs just above the knees.

Place feet flat on ground with feet together.

Follow “Toes Up” instructions above and repeat 10 times.
Exercises like these can improve your mobility in your spine and hips. They can also strengthen your hip and core muscles. Together, these can improve form and swing speed. Tightness in the hips and spine lead to common golf injuries and can be prevented with a good, sport-specific warm-up and also responding early to pain during or after activity.