

GOLF Exercise Program 08.19.2020

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IMR
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Golf Rotation

Standing in a slight lunge position, holding a golf club with each end in one hand, rotate torso to one direction while maintain your hips facing forwards. Hold for 3-5s and release, repeat on the same side 10x and switch sides.

Repeat 4 Times
Complete 2 Sets

Hold 10 Seconds
Perform 3 Times a Day



GOLF STANCE SIDE BEND

In proper golf stance, hold a golf club across your chest as shown. Next, side bend your body and then return to the original position. Then perform on the other side.

Repeat 4 Times
Complete 2 Sets

Hold 10 Seconds
Perform 3 Times a Day



Golf Club 90/90 ER Stretch

Holding a golf club above your head, keep your shoulders and elbows at 90-degree angles. Hold the stretch.

Repeat 4 Times
Complete 2 Sets

Hold 10 Seconds
Perform 3 Times a Day



AAROM Internal Rotation across back with cane

Using a cane/broomhandle/golf club pull the involved hand across the buttock

Repeat 4 Times
Complete 2 Sets

Hold 10 Seconds
Perform 2 Times a Day



Golfers reach

Stand on one leg with knee straight to slightly bent. Bend over at the hip and slowly reach for the ground or as low as you can go. You will feel a stretch in the back of your leg. Maintain an engaged core and limit pelvic rotation.

Repeat 4 Times
Complete 2 Sets

Hold 10 Seconds
Perform 3 Times a Day



TRUNK ROTATIONS WITH CANE

Stand with cane, golf club or wand behind your neck and over your shoulders as shown. Next, with feet planted on the floor, rotate and twist your body side-to-side.

Repeat 4 Times
Complete 2 Sets

Hold 10 Seconds
Perform 3 Times a Day