

TIPS TO IMPROVE LONGEVITY IN GOLF



T | I | P | # 2

EXERCISE WITH A PURPOSE

Your exercise routine should focus on building strength and stability in vulnerable areas and focus on gaining adequate range of motion in the joints that are safe to move. To have a proper back swing and follow through, a golfer should be able to rotate 45 degrees from their upper back, 60 degrees from the hips in both directions, and be able to externally rotate their shoulders 90 degrees (Equal to spine angle).

If you are unable to move from the safe areas, you will sacrifice the stability of the more vulnerable knees, low back, and shoulder blades which will lead to swing faults and injury.

An exercise routine should incorporate stretching and mobility work for upper backs, hips and shoulders and stability work for the lower back, knees, and shoulder blades. If you have limited motion in areas where it is safe to move, you have two choices to golf without hurting yourself.

#1 Settle on moving poorly and design a short swing to get you around the course with minimal compensations.

#2 Improve your movement so you can continue to build a wide swing and maintain your distance without compromising the vulnerable areas.

Realistically, you may not regain all the movement you once had but improving some movement in multiple areas can add up to a lot in your swing to reduce the stress on your knees, low back, and shoulders while helping you safely regain distance.

These tips are intended to be instructional and informational purposes only. It is always recommended to seek a professional to get personalized help when suffering from back pain. The authors are not responsible for any harm or injury that may result, and significant injury may occur if you do not follow due diligence and seek suitable professional advice about your back pain. No guarantees of results are made or implied.



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