

# GOLFER'S BACK

Optimal mobility above and below the lower back is essential for a 'safe' golf swing that will not over-load the lower back. This includes mobility exercises for the thoracic spine and hips. Core strength is also crucial to protect the spine during rotational movements like the golf swing as well as maintain a good golf posture through the swing.

## YOUR REHABILITATION PROGRAMME

This exercise programme has specific exercises to strengthen muscles around your lower back and core. It is important to ensure

the exercises are performed with good technique. Poor practice may place potential strain on your back. The following leaflet includes some exercises to help in your rehabilitation.

## PROGRESSION SPEED

Your therapist will advise you on the speed you should progress. Progression is not just about being able to do the exercise but to do it correctly, with appropriate control. If at any time you feel pain or discomfort stop the exercises and consult your therapist.

### GOLF CLUB ROTATION

Sit upright on a chair, with your feet flat on the floor. Place a golf club or broom over your head, with it resting comfortably on your shoulders, hold onto the bar with both hands. Twist to one side as far as you can go. Keep your hips still and your spine upright. Repeat on the other side. This exercise is a mobility exercise for the spine, and especially useful as a warm-up prior to rotational sports such as golf. is a mobility exercise for the spine, and especially useful as a warm-up prior to rotational sports such as golf.



SETS	REPS
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 **Video:**  
<http://youtu.be/8qSSzsQIRIO>

### PLANK

Rest on your forearms and your toes. Hold this position. Keep good straight posture, and do not let your back arch too much. This is a core strengthening exercise.



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 **Video:**  
<http://youtu.be/noeBzOJoW-4>

### SIDE PLANK

Lie on your side, and form a bridge between your feet and forearms (by lifting your pelvis). This exercise works the abdominal and Oblique muscles.



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 **Video:**  
<http://youtu.be/vQKLvMTYA9Q>

### HIP MOBILISATION LYING

Lie face down, and bend your knees to 90 degrees. Keep your feet together, and drop your feet outwards, and then cross them inwards, as far as feels comfortable. Repeat as required. This is a mobility exercise for your hip joints..



SETS	REPS
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 **Video:**  
[http://youtu.be/RAMZOQ\\_wF5s](http://youtu.be/RAMZOQ_wF5s)

### HORSE-STANCE HORIZONTAL

Go on to all fours, and keep good posture. Draw your tummy inwards (towards the ceiling). Straighten your arm in front of you, and your opposite leg behind you. Repeat each side. This is a great core stability and core control exercise to work the deep abdominal muscles. The exercise will also strengthen the lumbar erector and gluteal muscles.



SETS	REPS
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 **Video:**  
<http://youtu.be/BTaCXKy53wc>

### OBLIQUE CRUNCH

Lie on your back with your knees bent, and perform a crunch by sitting-up and reaching for the outside part of your knee. You should make sure your shoulder blades just lift off the floor. This exercise helps to strengthen the abdominal and Oblique muscles.



SETS	REPS
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 **Video:**  
<http://youtu.be/98eXOndm7Z4>

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