

evolv

PHYSICAL THERAPY & PERFORMANCE

GOLF MOBILITY

**Brought to you by the
Doctors of Physical Therapy of
Evolv Physical Therapy & Performance**

Table of Contents

Welcome and What to Expect3

Golf Mobility Exercises.....4-8

 World’s Greatest Stretch 4

 Hip Airplane with Club 5

 Squat 6

 Reverse Lunge with Trunk Rotation 7

 Around the World with Club..... 8

Want More?9



Welcome!

Thanks for joining us as we dive into golf mobility exercises. We're excited that you have trusted us and have decided to check out more about how you can continue to stay active, healthy and thriving. Check out the content and let us know what else we can do to help you. And as always, remember to...

Train. Recover. *Evolv.*

What to Expect...

The purpose of this ebook is to give you a few of our favorite mobility exercises for golfers. These exercises are great for full mobility and moving well while golfing.

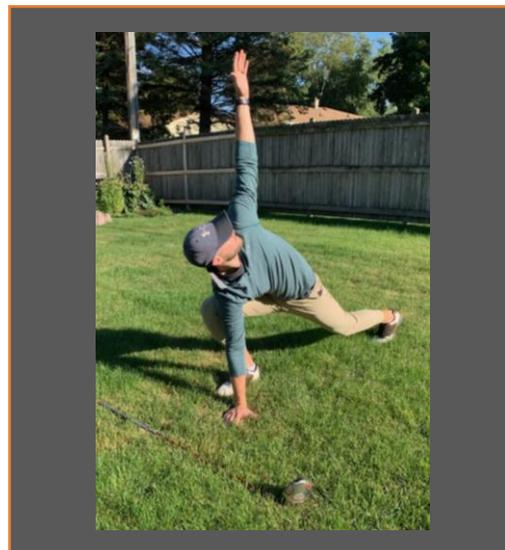
Use these movements as tools to help you warm up, improve your mobility and get back to feeling good while playing well on the course!



Golf Mobility Exercises

World's Greatest Stretch

- Lunge forward with your RIGHT foot. Bend forward and drop your RIGHT elbow toward your ankle.
- Reach down and place your RIGHT hand just inside your foot. Rotate your hips and trunk to open up and reach up with your LEFT arm/hand.
- Reset by repeating this sequence in reverse.

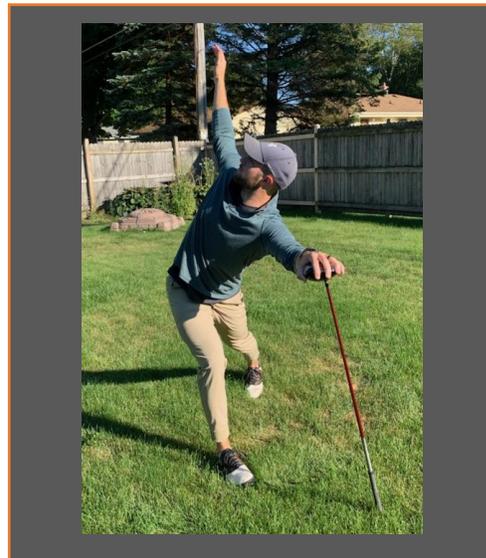
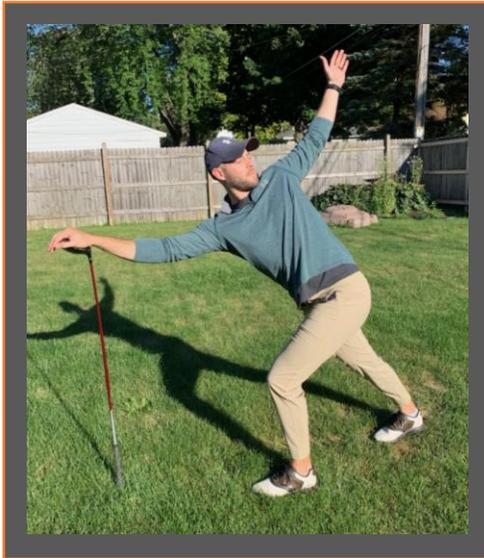


- Complete 30 sec. Repeat on the other side of your body for an additional 30 sec.
- Keep a steady, smooth pace throughout the movement.
- Spend extra time or slow down in portions of the stretch that feel tight for you.



Hip Airplane with Club

- Take a step forward with your RIGHT foot into a lunge stance. Place your club out in front of your body with your LEFT hand on it, using it for balance.
- Rotate your trunk and hips to your RIGHT, into your front leg.
- Reach up with your RIGHT hand to complete this rotation. Reset by rotating back to center.



- Complete 30 sec. Repeat on the other side of your body for an additional 30 sec.
- Keep a steady, smooth pace throughout the movement.
- If needed for increased balance, shorten your step length or hold on to a more stable object instead of a club (bench, golf cart, etc).



Squat

- With your club in your hands, stand with your feet a little wider than shoulder width apart.
- Sit down into a squat while pressing your club out in front of you as a counterbalance.
- Try to get your hips at or below your hip crease for full depth, then stand back up.



- Complete 30 sec of squats. Take a short rest and complete another 30 sec when ready.
- Complete the squats at smooth pace, the intent is to warm up your hips, knees and ankles, not to get tired before your round.



Reverse Lunge with Trunk Rotation

- While holding your club, perform a reverse lunge by reaching back with your LEFT leg. Drop your body down into the lunge.
- First, rotate your trunk and hips to your LEFT. Reset by turning back to center.
- Continue rotating to your RIGHT and then reset again by turning back to center.

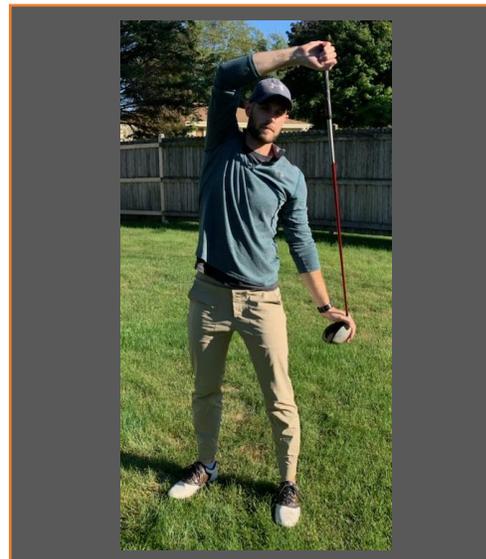


- Alternate which leg you lunge back and complete 60 sec of this motion.
- Complete the lunges at a smooth, steady pace that you can maintain for the entire duration.
- Emphasize the rotation into greater motion as you loosen up.



Around the World

- Hold your club near the ends. Drop your LEFT arm down and lift your RIGHT arm up over your head.
- Pass your RIGHT arm over your head and allow your LEFT arm and the rest of the club to follow the path “around the world”.



- Use a driver for this motion because it is going to be the longest club in your bag and will make this motion achievable.
- Complete 30 sec of the motion in this direction. Then, repeat for 30 sec in the opposite direction.
- Allow your shoulders, trunk and hips to move as needed throughout this motion. It should feel smooth throughout.



Want More?

We can help with that. We love working with people that want more!

We offer lots of ways to help you achieve more...

- **Contact us to setup your Initial Evaluation**
 - **Evolv Physical Therapy & Performance Clinic - Grafton**
 - **Dr. Matt Paluchniak(262) 235-3585**
 - **matt@evolv-pt.com**
 - **BrewCity CrossFit – Milwaukee**
 - **Dr. Erik Gregersen(314) 283-4459**
 - **erik@evolv-pt.com**
 - **www.evolv-pt.com**
- **Attend one of our workshops at our Grafton clinic or a gym near you**
- **Contact us about other issues that you are having with your workouts or at the gym so that we can help get you back to doing what you love without nagging injuries or worries**
- **Follow us on social media using the icon links at the bottom of each page for frequent content, updates and more!**
- **And as always, remember to...**

Train. Recover. *Evolv.*

