GOLF SPECIFIC DYNAMIC WARM UP

Golf-related injury is common. For women, the three most common areas injured include:

1. The back
2. The wrists, and
3. The elbows.

A **golf-specific dynamic warm-up** is recommended by medical and fitness professionals to both **reduce the risk of injury** and **improve performance**.

Your dynamic warm-up prepares you for your round of golf by:

- Increasing your heart rate
- Generating heat in the joints and soft tissues
- Increasing the blood flow to the muscles you will be using
- Reducing viscosity (frictional resistance to motion) and lubricating the joints, and
- Reinforcing proper movement and swing patterns

There are many different ways to dynamically warm-up for golf. This document outlines 12 simple and effective exercises anyone can do before a round of golf. Even better would be a specific warm-up routine that is personalized to you – and your unique injury history, physical strengths and weaknesses (mobility, stability, and motor control), and your swing pattern.

Start your warm-up with **2 to 5 minutes of brisk walking or stair climbing**.

Follow this up with some **golf-specific exercises** designed to build your mobility and stability, activate the muscles you will use, and get your body ready for the powerful and complex movements of the golf swing. **In total, your warm-up could take anywhere from 5 and 15 minutes to perform.**

A longer warm-up is recommended when:

- You have a history of golf-related injury
- You have decreased mobility (you are stiff and/or have arthritic joints)
- You are playing colder temperatures
- You have been sitting at work all day before playing golf
- You've had a long drive to the golf course

DYNAMIC WARM UP EXERCISES

Perform 8-10 repetitions of each exercise
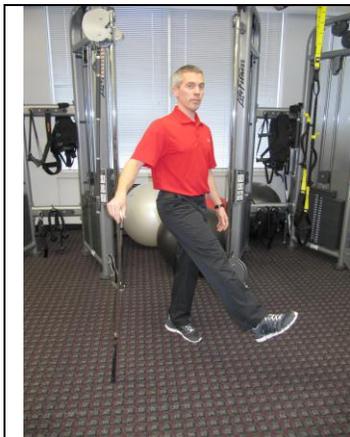
### 1. Forward and Backward Leg Swings

Hold the head of the golf club in your hand, with the butt end on the ground (like a cane). Swing one leg forward and backwards, focusing on maintaining good posture, and keeping your trunk stable.

Option: This can be made more difficult by not holding on to a golf club.

2. Side to Side Leg Swings

Hold the head of the golf club in your hand, with the butt end on the ground (like a cane). Swing one leg side to side, focusing on maintaining good posture, and keeping your trunk stable. Point the toes in as you swing across your body, and out as you swing away from your body.

Option: This can be made more difficult by not holding on to a golf club.
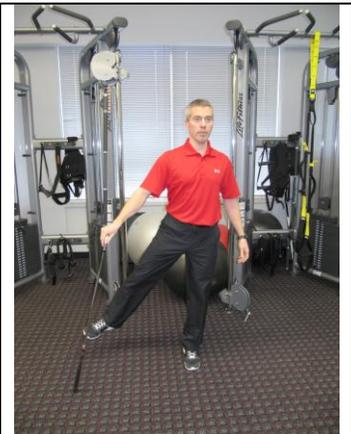
3. Pelvic Tilts

Cross arms across chest. Tilt your pelvis back and forth without moving your upper body.

Option: This can be made easier by holding onto a golf club (upside down, like a cane).

4a. Torso Turns – Beginner

Cross arms across chest. Maintaining a stable lower body and pelvis, turn from right to left, back and forth. If you are wearing a belt, your belt buckle should not move.
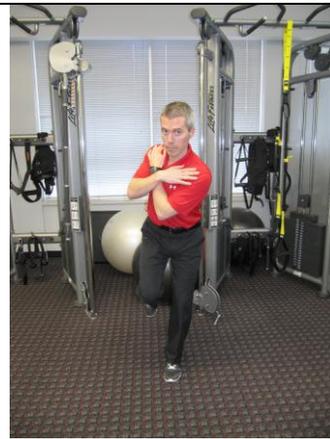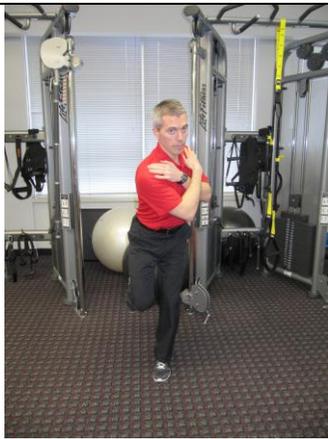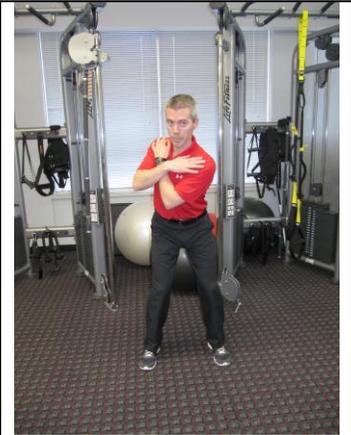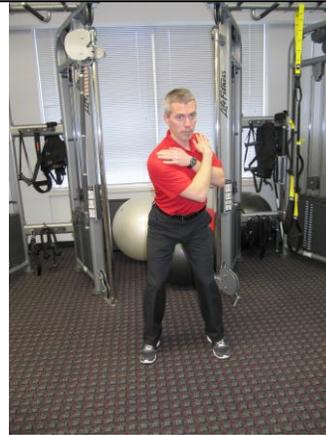

4b. Torso Turns – Advanced

Cross arms across chest. Stand on one leg. Maintaining a stable lower body and pelvis, turn from right to left, back and forth. If you are wearing a belt, your belt buckle should not move.

5a. Pelvic Rotation – Beginner

Hold onto a golf club upside down (with the butt end on the ground) to help stabilize your body. Keep your upper body stable, and rotate your pelvis and lower body to the left and right. Focus on rotating, not laterally shifting from side to side.

This can be made harder by not holding onto the golf club.
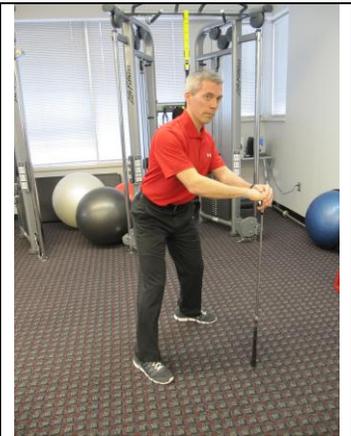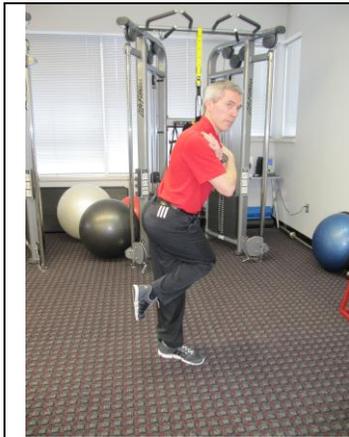
5b. Pelvic Rotation – Advanced

Stand on one leg, with the foot off the ground tucked behind your other knee, like a stork. Cross your arms across your chest. Maintain a stable upper body and torso as you rotate your pelvis to the left and right.

This can be made easier by holding onto a golf club (as in the pelvic rotation – beginner exercise).

6. Hip Internal Rotation

Hold a club across your pelvis. Focus on turning your pelvis towards your lead leg side without moving your lead foot (similar to the follow through position). Focus on turning your pelvis before your shoulders/torso. Perform the opposite movement to your trail side, but turn your shoulders/torso before your pelvis.
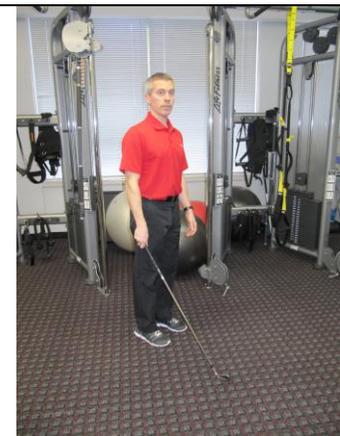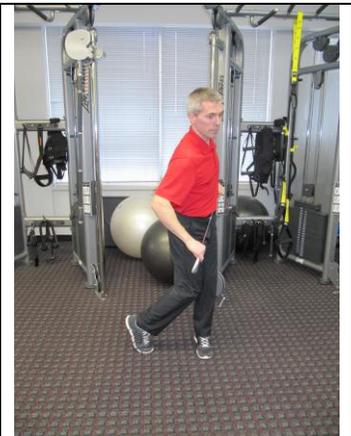

7. Radial Deviation

Hold the golf club in front of you and bend the wrist up towards the ceiling. Keep the arm stationary (don't move the shoulder or elbow).
Hold towards the middle of the club (shaft) to make the exercise easier. Hold towards the end the club (grip) to make the exercise harder.

8. Ulnar Deviation

Hold the golf club behind you and bend the wrist backwards - up towards the ceiling. Keep the arm stationary (don't move the shoulder or elbow).
Hold towards the middle of the club (shaft) to make the exercise easier. Hold towards the end the club (grip) to make the exercise harder.
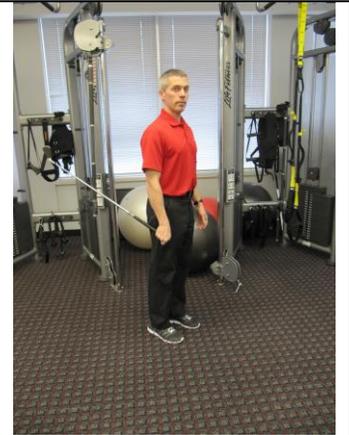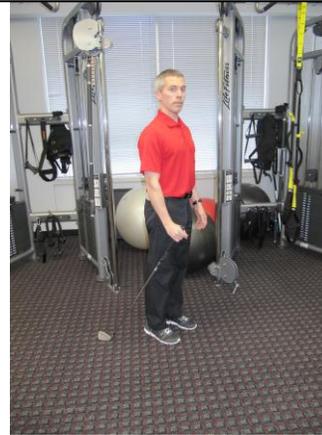
9. Pronation and Supination

Without letting your elbow or upper arm move, slowly twist the club from side to side. The club should move in a vertical plane as you rotate your forearm from side to side.
The further down you hold the club (towards the grip), the harder the exercise. The higher up the shaft you hold the club, the easier the exercise. Fatigue should be felt in the wrist and forearm regions
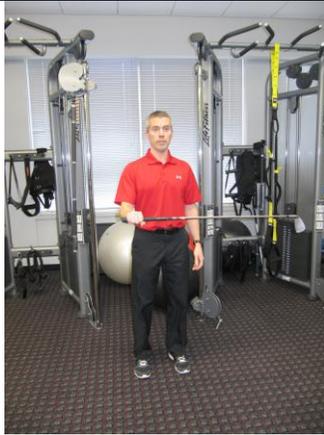
10. Full Body Turns

Hold the club with your hands shoulder width apart. Take your golf stance and perform a full body turn from side to side.
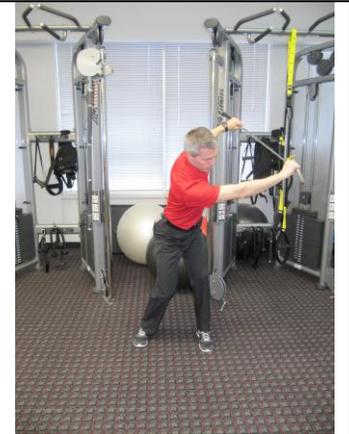
11. Baseball swing

Swing the golf club like a baseball bat. Focus on your sequencing, allowing the legs/hips to lead your upper body through the swing. Perform in both directions (left and right sided baseball swings).

12. Golf practice swings

Gently swing an iron (5, 6, or 7 iron to start) back and forth several times. Slowly build up the tempo of these practice swings. Perform these practice swings both left and right handed.
NOTE: this is the 12th exercise on the list…not the first or only one!!