

STABILITY PROGRAM FOR GOLFERS

<p>Prone Shoulder Blade Squeeze Lay face down with a rolled up towel supporting your forehead. With your arms to the side with your palms facing down, squeeze your shoulder blades together and raise your arms. Hold for 10 seconds. Repeat 10 times.</p>		
<p>Clams Feet Down Lay on your side with your hips and knees comfortably bent and your upper hand resting on your hip bone. Keeping your heels together and allowing your toes to come apart, rotate your top knee up as far as possible. Making sure that you do not let your hips rock backward, rotate your knee up and down in the last few degrees of movement. Perform 50 reps</p>		
<p>Trunk Rotational Strength – Level 1 Lay on your back with feet resting flat on the ground. Keeping your legs relaxed, fingertips together and elbows straight, rotate your trunk side-to-side. Make sure that you keep the triangle between your arms and chest constant the whole time. Repeat 3 x 15 reps</p>		
<p>Side Crunch on Knees Start by resting on your elbow and hip, push down through your elbow and raise up onto your elbow and knees so that your body is aligned in a straight line from the bottom shoulder to knee. Repeat 3 x 30 reps</p>		
<p>Bird Dog Start on your hands and knees, hands under shoulders and knees under hips, back flat. Draw your belly button up and hold as you raise opposite arm and leg, keeping your back flat and steady, and hold for 20 seconds. Lower and repeat with the other arm and leg. Repeat 6 reps each side</p>		
<p>Standing Balance – Eyes Closed Standing with a club held out in front of you, lift 1 leg off the ground and bend the hip and knee up to 90° and close your eyes. Maintain your balance. Repeat 3 x 30 secs each side</p>		
<p>Scapula Control in Golf Posture Starting in Golf Posture, stand on 1 leg and squeeze your shoulder blades together. Maintain your balance as you rotate side-to-side. Repeat 3 x 10 on each leg</p>		