

Sue and Jackie's Top Ten

1. Balance: With a club held out in front of you at shoulder height parallel to the floor with hands shoulder width apart, begin with a regular stance. Turn your head right and left to look at each end of the club. Repeat 5 times. Next try the same exercise with your feet in a narrow stance. And lastly try the same exercise with your feet staggered – one in front of the other, then switch the front foot.
2. With the same club, add trunk rotation. Be sure to watch the end of the club as you turn.
3. Ball toss: start with your feet together in a normal stance. Simply toss a golf ball up in the air a couple of feet and catch it. Repeat with both arms doing the tossing. This exercise helps you to follow the ball. Try the same exercise with feet staggered and then try it with one foot off the ground or modified with one foot touching with a toe touch only.

You can watch the first 3 exercises on YouTube: <https://youtu.be/D7INyd7L-jc?si=YNcpzPrmPILfdROi>

4. Hamstring Stretches: Use your golf club for balance. With your feet together or comfortably shoulder width apart, bend at the waist and reach toward your feet. Hold for 10 seconds. Next cross over one foot in front of the other and repeat. You can also stretch your hamstrings by using a technique called post isometric relaxation (PIR). Place your heel on the ground or a short stool. Push your heel into the surface for 5 seconds with about 5% effort. Then relax and lean into the stretch. Repeat 3 times.
5. Open Book exercise: this exercise can be done on the floor or on the foot or side of your bed where the mattress is the firmest. Start with knees bent at a 90 degree angle. Start with hands together and then reach and open the top arm while turning your head to get a full trunk rotation. Be sure to keep your knees together and lying on the ground/bed. Repeat 5 times on each side.
6. Pelvic tilt: Lying on your back. Bend your knees with at least a foot between your heels and your buttocks. Arms comfortably at your side. Focus on your hips – first draw your belly button/lower abdominal area towards your chest. Your buttocks may rise up off the ground a bit. Then rock your pelvis back towards your feet and you will notice your lower back coming up off the floor or the bed. Repeat 5 times.
7. Gluteal muscles need to be strong in order to make the golf swing. This modified version will get you started on this exercise. Lying on your back with your legs straight out, squeeze your gluteal muscles together. Hold for 5 seconds and relax. Repeat 5 times. If this gets to be easy, try the same exercise with your knees bent, being careful to lift your buttocks using your gluteal muscles and not your hamstrings and leg muscles.

Exercises 5-7 can be viewed on YouTube: <https://youtu.be/CkGjZtxko-8?si=QFH6ibvHTmypLaV->

8. Wall climb series: these exercises increase shoulder range of motion. Start standing facing a wall; place one hand on the wall shoulder height. Walk your fingers up the wall and back down the wall, walk your fingers to the front and back. Switch arms and repeat 5 times on each arm.
9. Arm circles: With arms outstretched begin with palms facing upward and circle your arms forward and back 5 times. Repeat the same exercise with palms facing downward.
10. Tee box 2 exercises: Standing exercise: Place your hands gently behind your head and upper neck area. Rotate your torso to the right and behind you to see the back of your right foot. Repeat to the left side and look behind you to see your left foot. Finish with your hands in front of you in a prayer position. Keeping your hands firmly together, lower your hands from heart level towards your belly button for a great wrist and hand stretch.