

# BACK ON TRACK

## PHYSIOTHERAPY

### Golfers Warm Up



#### Exercise 1

Raise both arms to shoulder height.

Draw one arm back rotating the ribs back with the arm and then repeat reaching back and twisting with the other arm.

Keep head and pelvis facing forward.

**Repeat 10 times**

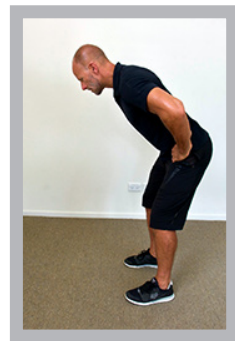
#### Exercise 2

Stand with knees slightly bent and place hands on pelvis.

Bend forward from the hips keeping back straight as if preparing for a shot.

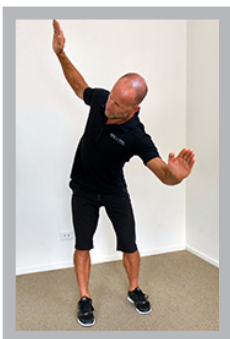
Return to standing extending at the hips keeping the back straight.

**Repeat 10 times**



**At Back on Track we can help with all golfing injuries, strengthening and injury prevention programs.**

**See our website for videos of our golfers warm up.**



### Exercise 3

Lift arms out to the side at shoulder height, elbow bent 90 degrees.

Bend forward from the hips keeping back straight as for exercise 2.

Rotate rib cage right and left keeping forward stance and back straight.

**Repeat 10 times**

### Exercise 4

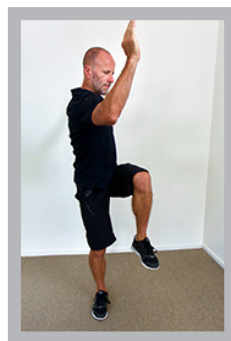
Lift arms out to the side at shoulder height, elbows bent 90 degrees.

Lift your left knee and rotate ribcage to bring your right elbow over your left knee.

Return to your starting position and then raise your right knee and rotate to the other side to try and get your left elbow over your right knee.

Do not lean forward or bend your spine.

**Repeat 10 times**



**Back on Track Physiotherapy**

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**[www.backontrackphysio.co.nz](http://www.backontrackphysio.co.nz)**

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