

BACK ON TRACK

PHYSIOTHERAPY

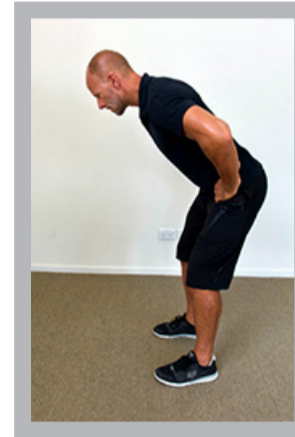
Golfers Warm Up



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

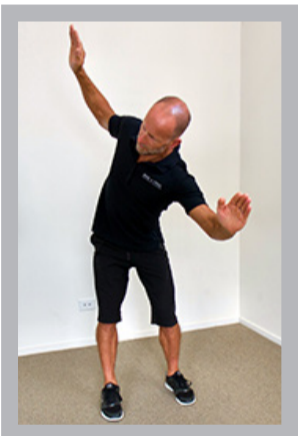
Repeat 10 times



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

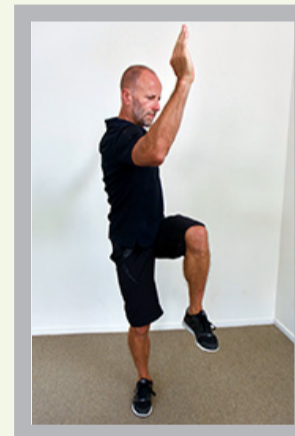
Repeat 10 times



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

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

Back on Track Physiotherapy

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