

ELEVATE YOUR GOLF GAME



EXERCISES TO PREVENT INJURY & SUPPORT YOUR SWING

Indiana's golf injury treatment experts at Southern Indiana Orthopedics recommend these exercises to help you stay strong and reduce your risk of injury.

1 TORSO ROTATION STRETCH



Stand with arms crossed and feet shoulder-width apart.

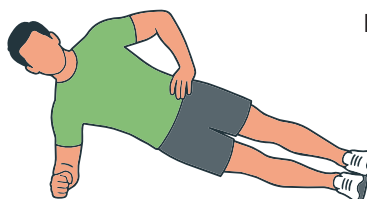
Rotate upper body to one side (keep hips forward).

Hold, then repeat on the other side.

HOLD 15 – 20 SEC

Benefit: Improves rotation & flexibility for your swing

2 SIDE PLANK



Lie on your side, elbow under shoulder, legs extended.

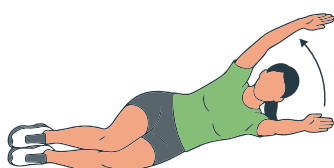
Lift hips to form a straight line.

Keep core engaged.

HOLD 20 – 40 SEC

Benefit: Builds core strength & stability

3 HIP ROTATION



Lie on your side, knees bent, arms forward.

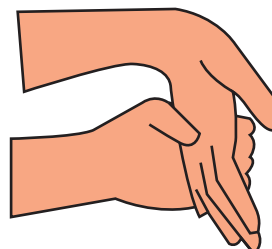
Open top arm and rotate chest.

Hold, then repeat on the other side.

HOLD 10 – 15 SEC

Benefit: Improves hip mobility & rotation

4 WRIST FLEXOR STRETCH



Extend one arm, palm up.

Gently pull fingers downward.

Hold, then switch arms.

HOLD 20 – 30 SEC

Benefit: Reduces wrist tension & supports grip

5 SQUATS



Stand with feet slightly wider than hips.

Bend knees and push hips back.

Press through heels to stand.

REPEAT 10 – 15 REPS

Benefit: Builds lower body strength & balance



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