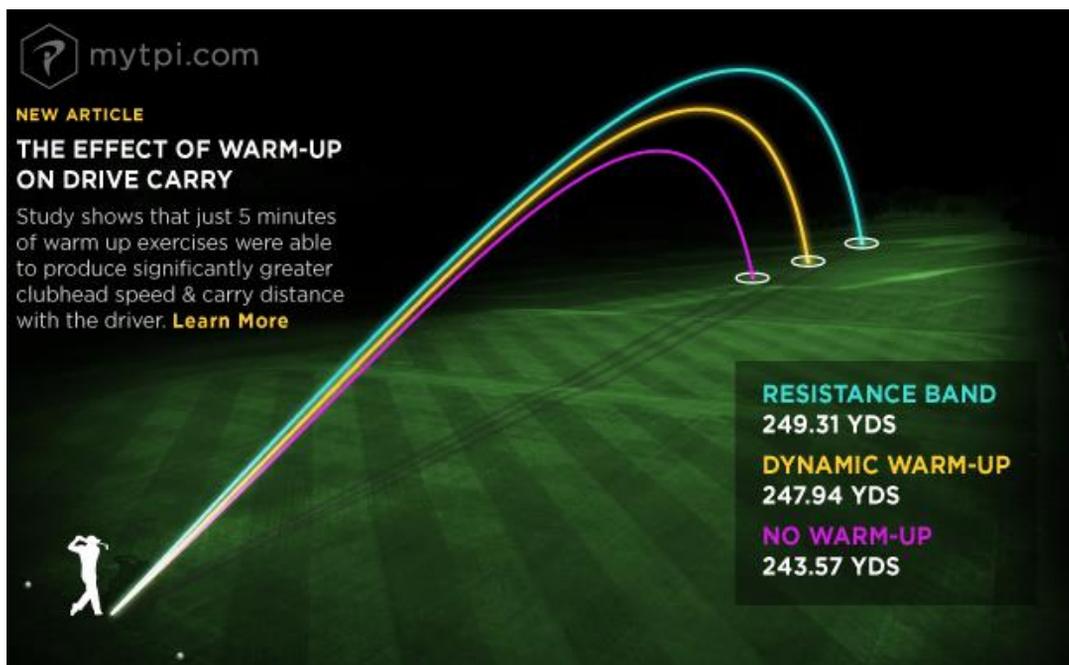




# GOLF WARM-UP EXERCISES

'Warming-up' is known to be very important for all sports, including Golf. A recent study by Dr Ben Langdown and Jack Wells published on mytpi.com shows that warming up prior to a round of golf can significantly improve distance and accuracy from the first tee shot as opposed to no warm up at all.



Their research promotes the use of the following exercises to improve flexibility, stability and performance that will ultimately reduce the likelihood of injury:

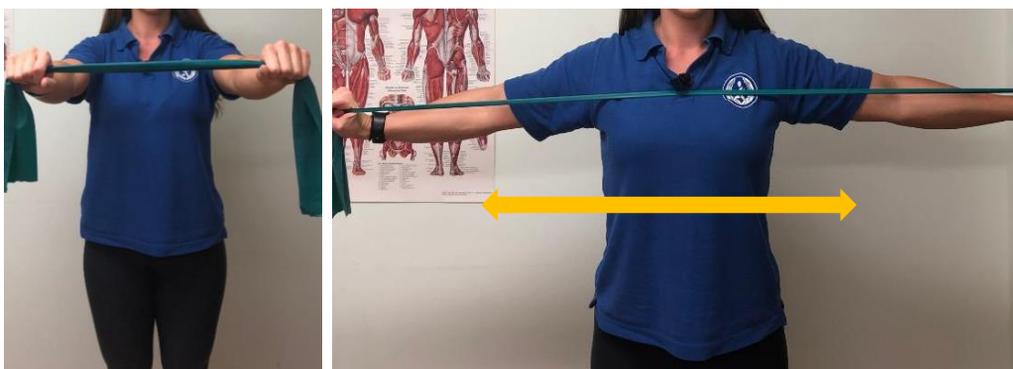
## Crab Walk

Tie your resistance band around legs and side step whilst squatting. Perform 3 sets of 6 each way.



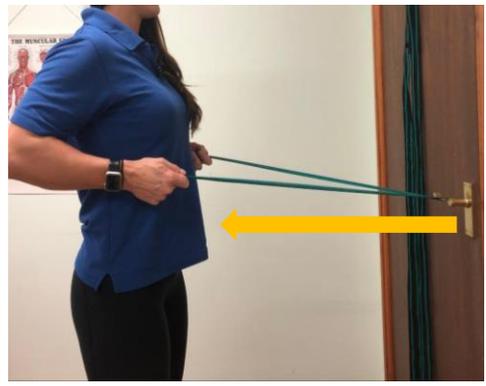
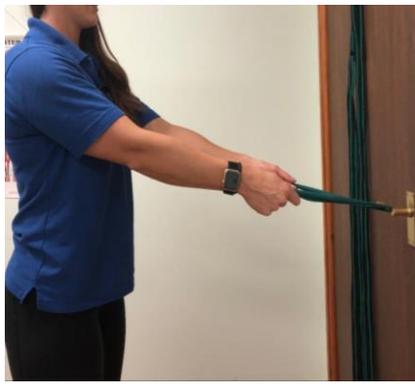
## Shoulder Retractions

Hold the band between your hands and stretch out to the sides. Perform 3 sets of 12.



### Rowing

Hook your band around a door handle, squeeze shoulder blades together pulling your elbows to your waist. Perform 3 sets of 12.



### Trunk Rotation

Tie your band around your knees whilst turning to mimic your golf swing. Perform 6 times to each side. 3 sets of 12.



## TITLEIST PERFORMANCE INSTITUTE PHYSICAL SCREENING

Titleist Performance Institute (TPI) is the world's leading education organisation dedicated to the study of how the human body functions in relation to the golf swing.

**22 of the top 35 players in the world are advised by TPI Certified professionals.**

Lincolnshire Physiotherapy and Sports Injuries Clinics now offers the full TPI screening, which is undertaken by our TPI Certified physiotherapist, Jack Shaw BSc Hons MCSP. The most efficient swing is not the same for every golfer because efficiency is unique to their body. To achieve an efficient swing, a golfer must first be screened.

If you are interested in booking a screening assessment with our TPI specialist or have any further questions, please email us at [info@lincolnphysioclinic.co.uk](mailto:info@lincolnphysioclinic.co.uk) or call us on 01427 614634.



*Titleist*  
**PERFORMANCE  
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E [info@lincolnphysioclinic.co.uk](mailto:info@lincolnphysioclinic.co.uk) | W [www.lincolnphysioclinic.co.uk](http://www.lincolnphysioclinic.co.uk)