

Strengthening Exercises for Golf

By Simon Burley Physiotherapist

Greg Norman had another tournament victory but his preparation for playing doesn't only include practicing his golf swing.

Most of the professional's workout with strengthening and stretching exercises

on a regular basis. (Greg Norman is known to regularly perform 2 hour gym workouts to keep in shape.) A stronger and more flexible body will enable a smoother and more powerful swing. Being stronger and more flexible in the right muscle groups can also help prevent injury.

It is sometimes thought that strength training could upset the rhythm of your swing but this is untrue if a well balanced strengthening program is followed. Of course you wouldn't want to train for excessive bulk and you must concurrently address flexibility. Areas that should be strengthened are the; wrist (wrist strength is very important during the impact phase of the golf swing); the shoulder, upper back, and abdominals.

Our GOLF INJURY CLINICS provide an exercise sheet involving diagrams and descriptions of 6 simple golf exercises (all the exercise equipment you need is a piece of Theraband - elastic tubing.)

Call in and speak to myself, Scott Moore or Jason Taylor at Maroochydore Physiotherapy Centre or Buderim Physiotherapy Centre for a copy.