

The Golfer's Ten Program

Before you exercise it is desirable to perform an active warm-up to prepare your body for exercise. By performing an active warm-up (such as bicycling, stair stepper or versa climber machine) it increases tissue temperature, enhances muscular flexibility, and improves blood flow. The warm up should be moderate intensity and should last five to ten minutes.

1. Self-Stretching of Shoulder Capsule

- a. Posterior Capsular Stretch
 - i. Bring your arm across your chest toward the opposite shoulder. With the opposite arm grasp your arm at your elbow. Gently pull arm across body to produce a stretch in the back of the shoulder.
 - ii. Hold stretch for 5-8 stretches, repeat_____.
- b. Anterior Capsular Stretch
 - i. Standing in doorway, near a post, or etc., with . elbow straight, arm abducted to 90°, grip object with hand. Place gentle pressure forward to create a gentle stretch to the front of the shoulder.
 - ii. Hold stretch for 5-8 stretches, repeat_____.
- c. Inferior Capsular Stretch
 - i. Hold arm overhead with elbow bent and arm straight ahead. Using opposite arm stretch arm further overhead. Bring arm to point where gentle stretching sensation is felt.
 - ii. Hold for 5-8 seconds and repeat _____ times.

2. Self-Stretching for Neck

- a. Neck Flexion Stretch
 - i. Gently bring chin to chest. Apply gentle pressure to the top/back of head to create a stretch behind the neck.
 - ii. Hold stretch for 5-8 seconds, repeat _____ times.
- b. Neck Side Stretches
 - i. Gently bring head to one shoulder (as far as you can comfortably). Apply gentle pressure to side of the head to cause a stretch to the muscles of the side of the neck.
 - ii. Hold stretch for 5-8 seconds, then repeat maneuver to the opposite side, repeat _____ times.
- c. Trunk Rotation Stretch
 - i. Place golf club or stick behind your back, place wrist around the ends. Twist to place hip over opposite leg's knee, repeat slowly to opposite side. For additional stretch for the shoulders and upper back place the club behind your shoulders.

3. Self-Stretching for the Low Back

a. Low Back Flexion Stretch

- i. Lying on back, gently bring knee to chest. Grab one of the knees with both hands and gently pull toward chest to create a stretch in your back and thighs. Hold stretch for 5-8 seconds. Then lower leg and raise opposite knee to chest, repeat times on each leg.

b. Trunk Rotation Stretch

- i. Place golf club or stick behind your back, place wrist around the ends. Twist to place hip over opposite leg's knee, repeat slowly to opposite side, Hold stretch 3-4 seconds repeat _____ times. For additional stretch for the shoulders and upper back place the club behind your shoulders,

4. Arm Circles

- a. Bring both arms to shoulder level (but not above your shoulders). Rotate arms in a circular fashion, clockwise and then counterclockwise. Perform ten repetitions in each direction.

5. Deltoid/Rotator Cuff Muscular Strengthening

a. External Rotator Strengthening

- i. Stand with arm elevation to 45° and elbow at 90°. Grip exercise tubing handle while other end of tubing is fixed. Pull outward with arm, and return slowly. Perform _____ sets of _____ repetitions.

b. Internal Rotator Strengthening

- i. Standing with arm elevated and abducted to 45° and elbow flexed to 90°; grip exercise tubing handle with other end of tubing fixed. Pull inward toward body with arm, returning slowly. Perform _____ sets of _____ repetitions.

c. Deltoid Strengthening

- i. Stand with arm at side, elbow straight and palm against side. Gently raise arm to the side to shoulder level, hold for 2 seconds and slowly lower, Repeat _____ sets of _____ repetitions. Begin with no weight then gradually add resistance - with a dumbbell.

6. Golfer's Diagonal Patterns

a. Low D2 Flexion Pattern (back shoulder)

- i. Assume golf stance, with the back shoulder's hand grip the exercise tubing handle and bring tubing across body upward and outward. Start with thumb down and as you elevate slowly rotate

shoulder so that thumb is upward. Exercise pattern should be from opposite hip to shoulder in the path of your golf swing. Repeat _____ times.

- b. Low D2 Flexion Pattern (back shoulder)
 - i. Assume golf stance; with the back shoulder's hand grips exercise tubing handle at shoulder level and slowly bring hand downward and toward opposite hip in the golf swing path. This exercise should be performed in a controlled manner, and should emphasize the acceleration phase of the golf swing. Repeat _____ times.
- c. Low D2 Flexion Pattern (front shoulder)
 - i. Assume your golf stance, the front shoulders hand grips the exercise tubing handle above opposite shoulder height.
 - ii. Slowly and under control bring hand downward and across body in swing path, finishing above the front shoulder. Repeat _____ times.

7. Scapular Strengthening Exercise

- a. Horizontal Shoulder Abduction (prone)
 - i. Lying prone and arm hanging off the side of the table, grip tubing handle with palm down, Raise arm upward to the horizontal with palm facing downward, Perform _____ sets of _____ repetitions.

8. Arm Strengthening

- a. Biceps Strengthening
 - i. Stand with exercise tubing handle in hand and opposite end under the foot and controlling tension. Slowly bring hand to shoulder as you slowly flex elbow, and slowly allow elbow to straighten, Repeat _____ sets of _____ repetitions.
- b. Triceps Strengthening
 - i. Standing with elbow flexed and tubing attached behind you; slowly extend elbow outward to straighten, slowly allow elbow to flex. Perform sets of repetitions.

9. Forearm Strengthening

- a. Wrist Flexion
 - i. With forearm supported by table or leg, palm facing upward and tubing handle in hand, slowly flex wrist and slowly lower. Repeat _____ sets of _____ repetitions.
- b. Wrist Extension
 - i. With forearm supported by table or leg; palm facing downward and tubing handle in hand, slowly extend wrist/hand upward then slowly lower. Repeat _____ sets of _____ repetitions.
- c. Forearm Pronation/Supination

- i. With forearm supported by table or leg; using long handle attachment and wrist in neutral position, roll wrist to bring palm to facing downward position then reverse movement to upward position. Repeat _____ sets of _____ repetitions.

10. Neck Musculature Isometrics

- a. In standing or seated position, place one hand to the front or one side of hand. Gently resist movement in that direction. Hold contraction for 5-8 seconds repeat 10 times, Resist three movements, forward, and to both sides.
- b. Chin Tucks
 - i. In standing or seated position, gently push your chin backward toward the back of your neck. Hold the tuck for 3-4 seconds and then repeat.

In addition to the exercises listed above, the golfer should perform several exercises listed below to enhance general conditions.

1. Partial Abdominal Sit-up
 - a. On back, knees bent and feet flat on floor. Gently use abdominal muscles to lift upper body from surface. Rise only enough to clear shoulder blades. Return slowly to starting position. Progression easiest to most difficult: Hands on thighs _____, hands across chest, _____ hands above head.
2. Back Lying Hamstring Stretch
 - a. Lying on back, place both hands behind knee and pull toward chest then slowly straighten leg and pull toes toward your nose. Hold for 10 seconds, repeat.
3. Lower Extremity Strengthening
 - a. Mini-Squat
 - i. Standing, with feet shoulder distance apart, slowly bend knees to 45-60° squat. Then slowly return to starting position. For additional resistance use exercise tubing. Perform _____ sets of _____ repetitions.
 - b. Forward Lunge
 - i. Standing, back upright, step forward, bending knee to lower trunk. Slowly return to starting position. Perform _____ sets of _____ repetitions.
4. **Upper extremity strengthening.**
 - a. Bench Press
 - b. Shoulder Press

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- c. Rowing
- d. Pull Downs