

# The Golfers' Ten Program

## 1. Self Stretching of the Shoulder Capsule

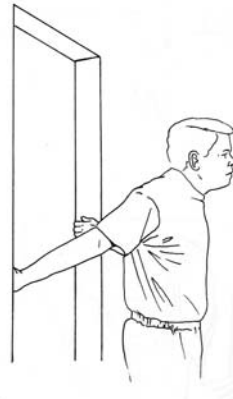
### A. Posterior capsular stretch

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. Hold stretch for 5-8 stretches. Repeat



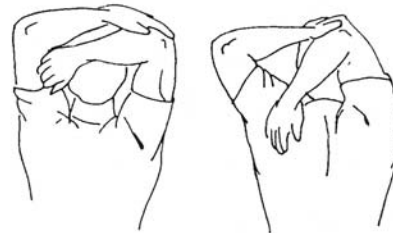
### B. Anterior Capsular Stretch

Standing in a doorway, near a post, or etc., with elbow straight, arm abducted to 90 degrees, grip object with hand. Place gentle pressure forward to create a gentle stretch to the front of the shoulder. Hold for 5-8 stretches. Repeat



### C. Inferior Capsular Stretch

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. Hold for 5-8 seconds and repeat \_\_\_ times



## 2. Self Stretching for Neck

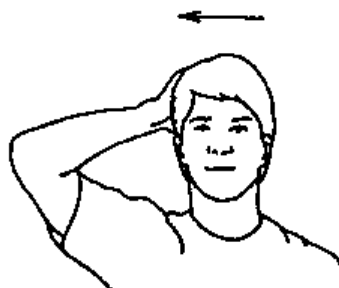
### A. Neck Flexion Stretch

Gently bring chin to chest. Apply gentle pressure to the top/back of head to create a stretch behind the neck. Hold stretch for 5-8 seconds, repeat \_\_\_\_ times.



### B. Neck Side Stretches

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 muscle of the side of the neck. Hold stretch for 5-8 seconds, then repeat maneuver to the opposite side, repeat \_\_\_\_ times.



## 3. Self Stretching for the Low Back

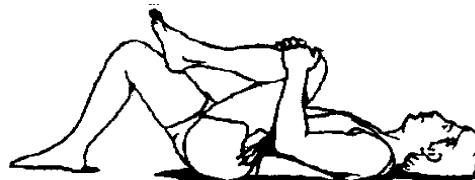
### C. Trunk rotation Stretch

Lie of your back with your knees bent. With your feet and knees together, slowly rock knees to side until stretch is felt in trunk. Or, place golf club or stick behind your back, place wrist around the ends. Twist to place hips over opposite legs knee, repeat slowly to opposite side. For additional stretch for the shoulders and upper back place the club behind your shoulders.



### D. Low Back Flexion Stretch

Lying on back, gently bring knee to chest. Grab one of the knees with both hands and gently pull toward chest creating 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.



## 4. Arm Circles

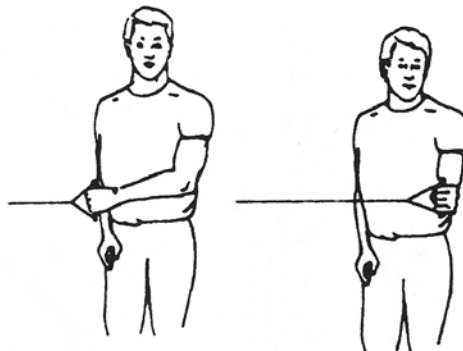
Bring both arms to shoulder level (but not above your shoulders). Rotate arms in a circular fashion, clockwise and then counter-clockwise.



## 5. Deltoid / Rotator Cuff Muscular Strengthening

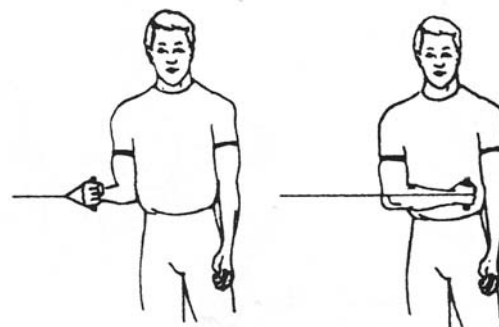
### A. External Rotator Strengthening

Stand with arm elevation to 45 degrees and elbow at 90 degrees. Grip exercise tubing handle while other end of tubing is fixed. Pull outward with arm and return slowly. Perform \_\_\_\_\_ sets of \_\_\_\_\_ repetitions



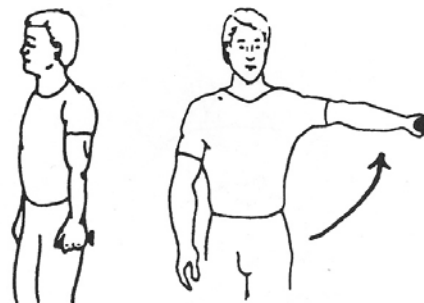
### B. Internal Rotator Strengthening

Stand with arm elevated and abducted to 45 degrees and elbow flexed to 90 degrees. Grip exercise tubing handle with other end fixed. Pull inward toward body with arm, returning slowly. Perform \_\_\_\_\_ sets of \_\_\_\_\_ repetitions



### C. Deltoid Strengthening

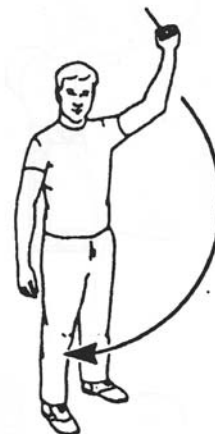
Stand with arm at side, elbow straight and palm against side. Gently raise arm to the side to shoulder level, hold for 2 seconds and slowly lower. Repeat \_\_\_\_\_ sets of \_\_\_\_\_ repetitions. Begin with no weight and gradually increase resistance – with a dumbbell.



## 6. Golfer's Diagonal Pattern

### A. Low D<sub>2</sub> Flexion Pattern (back shoulder)

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



### B. Low D<sub>2</sub> Flexion Pattern (back shoulder)

Assume golf stance, with the back shoulder's hand grip the exercise tubing handle at shoulder level and 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.

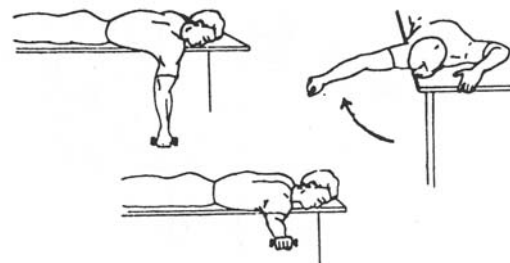
### C. Low D<sub>2</sub> Flexion Pattern (Front shoulder)

Assume your golf stance, the front shoulder's hand grips the exercise tubing handle above the opposite shoulder height. Slowly and under control bring handle downward and across body in swing path, finishing above the front shoulder. Repeat \_\_\_\_ times

## 7. Scapular Strengthening Exercise

### Horizontal Shoulder Abduction (Prone)

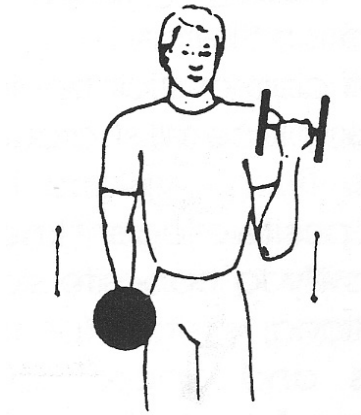
Lying prone and arm hanging off the side of the table, grip tubing handle with palm down. Raise arm upward to the horizontal with palm facing downward. Perform \_\_\_\_ sets of \_\_\_\_ repetitions



## 8. Arm Strengthening

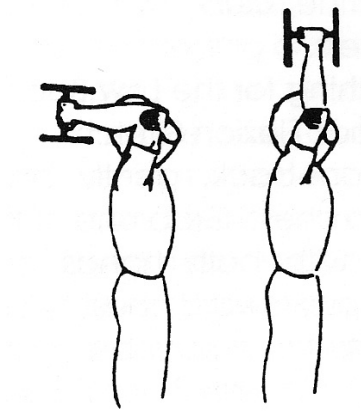
### A. Biceps Strengthening

Stand with tubing handle in hand and opposite end under 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

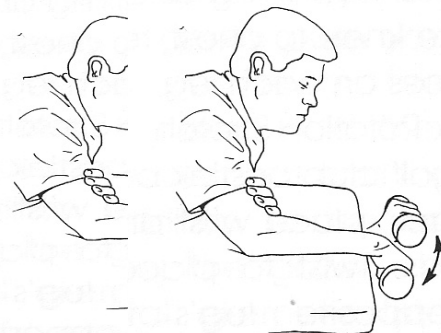
Standing with elbow flexed and tubing attached behind you; slowly extend elbow outward to straighten; slowly allow elbow to flex. Perform \_\_\_\_ sets of \_\_\_\_ reps.



## 9. Forearm Strengthening

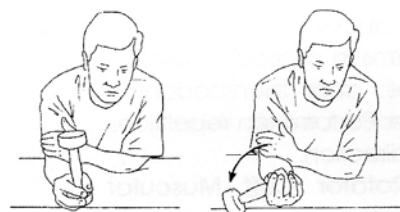
### A. Wrist flexion

With forearm supported by table or leg, palm facing upward and tubing handle in hand, slowly flex wrist and slowly lower. Repeat \_\_\_\_ set of \_\_\_\_ repetitions



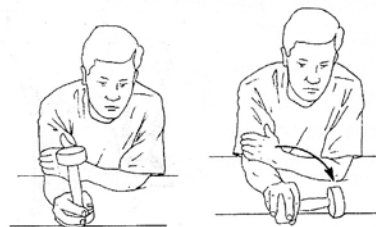
### B. Wrist Extension

With forearm supported by table or leg, palm facing downward and tubing handle in hand, slowly extend wrist and slowly lower. Repeat \_\_\_\_ set of \_\_\_\_ repetitions



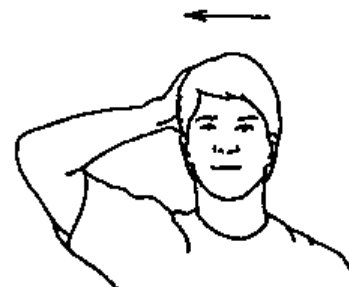
### C. Forearm Pronation/Supination

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 head. 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**

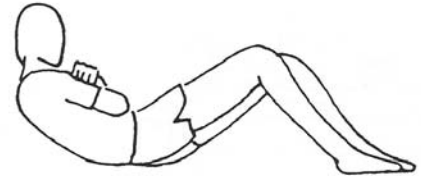
In standing or seated position, gently push your chin backward toward the back of your neck. Hold the tuck for 3-4 seconds and then repeat.



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

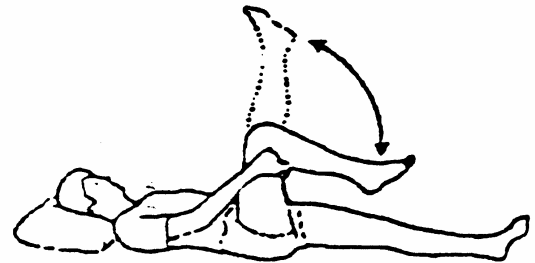
### 1. Partial Abdominal Sit-up

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

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

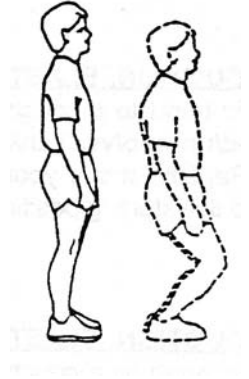




### 3. Lower Extremity Strengthening

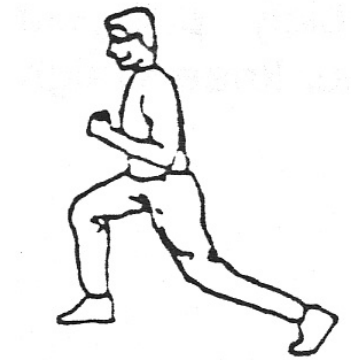
#### A. Mini –Squat

Standing, with feet shoulder distance apart, slowly bend knees to 45-60 degrees squat. Then slowly return to starting position. For additional resistance use exercise tubing. Perform \_\_\_\_ sets of \_\_\_\_ repetitions.



#### B. Forward Lunge

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
- C. Rowing
- D. Pull Downs