



Golf Warm Up

Greg Wells, Ph.D.

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Warming Up For Better Golf

Athletes from all sports spend a lot of time figuring out how to best prepare themselves for competition and developing a great warm up is an essential step.

Golf pros are no different, if you attend an event, you will notice the players going through extensive pre-round warm up routines. Making a good warm-up routine part of your game will help you play better, avoid injuries, and of course, enjoy the game more.

Recent research has shown that adding some physical exercises to your warm-up improves your distance by up to 12%. For more information on golf research visit www.per4m.ca/golf.





Warming Up For Better Golf

The first step is to arrive early. 60 minutes before your round gives you time to check in, get organized and head to the driving range. Before you start hitting balls, you should spend 5-10 minutes going through some dynamic stretches.

This pre-game warm-up routine is designed to increase your range of motion, increase blood flow to your joints and muscles, and to prepare your body for the requirements of the upcoming round.

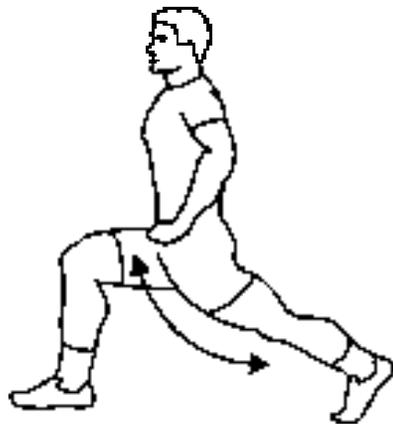
The pre-game warm-up exercises should be performed in a smooth, rhythmic fashion, without pain, while gradually increasing the range of motion. Breathe smoothly and deeply during your warm up.





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- Lunges: 20 / leg or walking 2 laps of the practice area
- Perform walking lunges keeping great upper body posture at all times. Use this to warm up your legs and to open up your hips. If you lose your balance, hold your abs tighter while walking.



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Warming Up For Better Golf

- Chest Opening Swings: 2x 20 swings
- Standing with good posture, take both arms and cross them in front of your chest at shoulder level, then open your arms completely using the muscles in your back. Perform walking lunges keeping great upper body posture at all times. Use this to warm up your legs and to open up your hips. If you lose your balance, hold your abs tighter while walking.

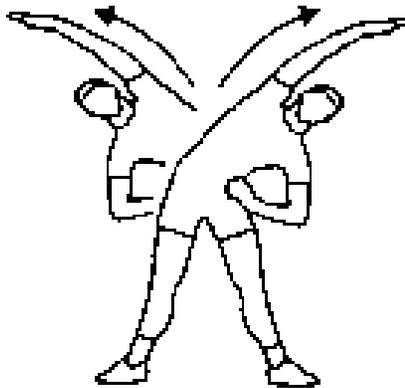


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Warming Up For Better Golf

- Side Opening Stretch: 3-5 x per side, hold for 5 seconds
- Standing tall with your hands at your sides, slowly bend to one side and slide our hand down the outside of the leg. Exhale and you stretch, and inhale as you rise back to standing. Repeat to the other side.



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- Trunk Rotations: 2-3 x 10 full rotations, full range of motion start to finish
- Standing tall, place a club across the back of your shoulders and hold the ends of the club in either hand. Maintain upright tall posture and coil your body to the right and then to the left. Hold for 2 seconds at the extent of your range of motion to the right and the left. Repeat 10 times. This can be done with a weight shift from the right leg to the left leg.

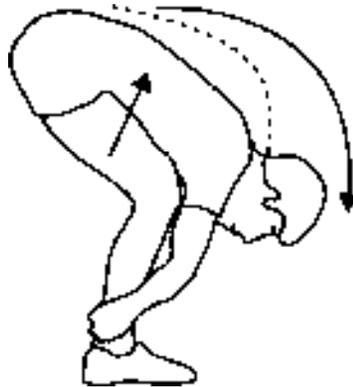


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- Hamstring and Low back Stretch: 3 x, hold for 5-10 seconds (avoid this one if you have low back pain)
- From a standing position, curl forwards, starting with your head, then your upper torso, then at your hips and reach down your legs as far as comfortably possible. Hold this position for 2 deep breaths. Exhale as you drop down, and inhale deeply as you rise back to standing.

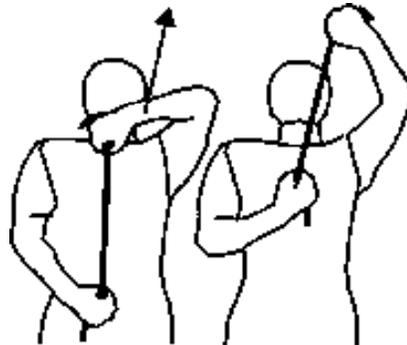


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- Chest Opening: 3 times per arm, hold for 5-10 seconds.
- While standing, grasp the club behind you above your right shoulder with your right hand, and below and behind your left shoulder with your left hand. Begin with both elbows bent and the club close to your back. Pull down with your left hand and bend your right arm to stretch our right triceps. Then slowly straighten both arms and move the club away from your back to open your chest muscles.



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- Finish with Swing Progressions:

- Starting in your address posture, slowly begin swinging the club back and forth. Start very slowly and with small swings. Gradually increase both the range of motion of your swings and also the speed with which you swing the club. Try to maintain a smooth rhythm during this exercise. When you feel good, you are ready to start hitting balls.





Author

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Dr. Greg Wells is a scientist at the Toronto General Hospital and The Hospital for Sick Children. He is an Assistant Professor at the University of Toronto Department of Anesthesia / Faculty of Medicine and also an instructor at University of Toronto's Department of Physiology. Dr. Wells also teaches at the Canadian Sport Centre's National Coaching Institute. His research, teaching and clinical practice is focused on improving health and performance under extreme conditions such as respiratory and muscle diseases including cystic fibrosis and metabolic syndrome and competitive situations encountered by elite athletes. Recently Dr. Wells has been using advanced magnetic resonance imaging and spectroscopy techniques to help elucidate pathophysiologies of disease and improve understanding of elite performance.

Dr. Wells is now serving as the Director of Sport Physiology for the Canadian Sport Centre, where he works closely with Canadian National Team athletes and coaches in the area of physiological performance enhancement. His athletes have won numerous medals at Commonwealth Games, World Championships and Olympic Games. Dr. Wells has served as the Exercise Physiologist for the Royal Canadian Golf Association and has worked with the Canadian National Golf team since 2002. He sits on the RCGA long-term player development committee and is a regular contributor to Golf Canada and Fairways Golf magazines.

He has presented before leading sports and medical organizations around the world, including the International Olympic Committee, International Congress on Child Neurology Canadian Cardiovascular Congress, North American Cystic Fibrosis Foundation and the American College of Sports Medicine. Dr. Wells has also been a consultant to some of Canada's top business organizations on human performance. He received his Ph.D. from the University of Toronto, post-doctoral research training at the Hospital for Sick Children and is a professional member of the American College of Sports Medicine and the Canadian Federation of Biological Societies.



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