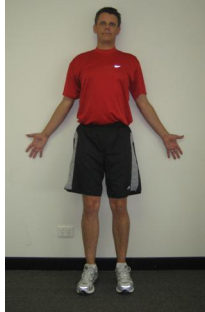



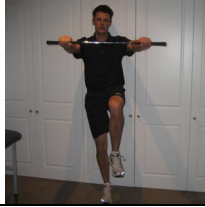


STABILITY PROGRAM FOR GOLFERS

<p>Scapula Control Against Wall Stand against a wall with your heels touching the wall. Tighten your lower abdominal muscles so your spine is held in a stable position, tuck your chin in so that your head rests against the wall and draw your shoulder blades back and down with the back of your arms and hands resting on the wall. Hold for 10 seconds</p> <p>Repeat 10 times</p>	
<p>Trunk Rotational Strength Lay on your back with feet resting flat on the ground. Keeping your legs relaxed, fingertips together and elbows straight, rotate your trunk side-to-side. Make sure that you keep the triangle between your arms and chest constant the whole time.</p> <p>Repeat 3 x 15 reps</p>	
<p>Theraband Squats Stand with theraband around your knees, feet shoulder width apart and toes turned out slightly. Make sure your knees are facing in the same direction as your toes. Slowly squat down, bending forward at the hips as you do, maintaining your spine angle at all times and not letting your knees move forward over your toes.</p> <p>Repeat 3 x 20</p>	
<p>Bird Dog Start on your hands and knees, hands under shoulders and knees under hips, back flat. Draw your belly button up and hold as you raise opposite arm and leg, keeping your back flat and steady, and hold for 20 seconds. Lower and repeat with the other arm and leg.</p> <p>Repeat 6 reps each side</p>	
<p>Standing Balance – Eyes Closed Standing with a club held out in front of you, lift 1 leg off the ground and bend the hip and knee up to 90° and close your eyes. Maintain your balance.</p> <p>Repeat 3 x 30 secs each side</p>	
<p>Side Lying Knee Raises Lay on your side with your top leg bent up and the foot tucked behind the bottom knee. Keep your trunk steady as you raise the top knee up and down.</p> <p>Repeat 3 x 15 reps</p>	