

A person wearing a tan polo shirt and light-colored trousers stands on a green golf course. The person's legs and feet, wearing dark golf shoes, are visible in the lower-left foreground. A white golf ball sits on the grass to the right. The background shows a blurred line of trees and a clear sky. The text is overlaid in the center-right of the image.

PRE-ROUND GOLF WARM UP

FROM: DR. NATE ANGUS, PT

Pre-Round Golf Warm Up

Dr. Nate Angus
Physical Therapist and Owner
Taurus Rehabilitation and Wellness, LLC



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REHABILITATION AND WELLNESS

Disclaimer:

This book is not intended to be a substitute for the medical advice of a licensed healthcare provider. The reader should consult with their healthcare provider in any matters relating to his/her health.



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About the author



Dr. Nate Angus is a physical therapist and founder of Taurus Rehabilitation and Wellness, LLC. Dr. Angus received his Doctor of Physical Therapy degree from Armstrong State University in Savannah, GA and has been a practicing orthopedic, manual physical therapist since graduating.

Dr. Angus was lead to pursue a career in physical therapy after having been a patient on a number of occasions. Having experience with bouts of lower back pain as well as having his ACL in his knee reconstructed has allowed him to be able to truly understand what many of his clients are going through.

When not actively coaching and treating clients, Dr. Angus can be found with his wife and young son or getting a few holes in on the golf course.



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Golf is a game requiring a wide array of skills and physical abilities. A combination of adequate joint mobility, postural control, and development of large amounts of torque with the transfer of power from the ground through the body to the club is required for the execution of the types of golf shots that keep you coming back. Whether you are a professional, low-handicap competitive amateur, or a weekend warrior, properly preparing to participate will allow for increased performance while decreasing the likelihood of injury.

Many of us who follow and participate in golf enjoy following and imitating what the professionals on TV do. We try to play with the same clubs, the same balls, wear the same clothes, and ultimately make some of the same shots. So, why don't we



duplicate their routines? Most touring pros spend a couple of hours pre-round getting in a workout and some sort of sport-specific treatment before they head out to the range to practice their swings. This isn't to mean that you should be getting up at 5 a.m. to lift weights and have your physiotherapist work you over before you hit the course, but it does suggest that we should be doing a golf-specific warm up routine to increase our mobility and power and prepare our bodies for the repetitious winding and unwinding throughout a round of golf.

When you look at the injuries that are most often cited for lost rounds, they tend to be very similar to those that many experience in everyday life. What has kept some of the big names out of tournaments lately? People like Tiger and Rory? Ailments



such as back pain, rib pain, neck pain, and arm pain. Our spine and arms allow us a large amount of motion and strength, but the muscles and ligaments are much more pliable and ready to sustain the demands when they have been primed to stretch and contract.

The following seven exercise warm up is a solid, golf-specific routine that can be completed at the course. A focus on thoracic and hip mobility, core activation, and power transfer from the legs to the arms will get you ready to smash that first drive. Not only will this series of movements get the blood flowing and the muscles pumping, but it will get you into your rhythm to help you continue to feel loose, strong, and ready to go low.



Seated Thoracic Rotation	12 rotations per side
Standing Bird Dog	30 alternating lift offs (15 per side)
Wrist Rotation	10 revolutions per arm
Hip Step Overs	10 rotations per leg
Toe Touch Overhead Squat	10 repetitions
Squat Lifts	12 repetitions per side
Standing Thoracic Rotation	15 repetitions, back and through



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Exercise 1:

Seated thoracic rotation:



By sitting and using your club as a dowel, you are able to isolate the thoracic spine to prepare the elastic properties of the ligaments and muscles. Begin slowly, increasing the effort and power in each rotation to reach end-range similar to your full swing. Be sure to repeat to both sides. <https://youtu.be/WS9Hkexij2k>

Exercise 2:

Standing Bird Dog



The standing bird dog will help you begin to engage your core and control the torque created by the separation of your shoulders and hips and your swing. This also helps you establish the link between your legs and arms to transfer the energy to allow more power to be delivered through the club. <https://youtu.be/1J6hIkTYJNY>

Exercise 3:

Wrist Rotation



Using your club as a weight, slowly rotate your wrist from palm down (pronation) to neutral to palm up (supination). Properly warming up the wrist and elbows will allow you to have more control over the club when swinging but likely more important help to prevent overuse tendon injuries to the wrist and elbow.

<https://youtu.be/zHmtI2fuRI4>



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Exercise 4:

Hip Step Overs



This movement loosens the hip joints and wakes up the hip rotator muscles allowing you to screw your legs down into the ground during your backswing to create more tension. This allows a more complete transition through the hitting zone helping you stay down through the ball at impact. Use your club for balance, lifting your leg around out to the side then around back to midline. Repeat on both legs.

<https://youtu.be/ydNprsKTFEs>

Exercise 5:

Toe Touch Overhead Squat



The Toe-touch Overhead Squat is a full-body movement. It helps to prepare the legs and back for your round. Power through the golf swing is derived from our legs driving through the ground, transferring energy up our back to the shoulders and arms. Perform a toe touch, as close as you can get, then squat down with your weight through the arch of your feet. Then reach overhead and return to the standing position. <https://youtu.be/MZGTQjBgdqE>



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Exercise 6:

Squat Chop



The Squat Chop prepares you to transfer the rotational power from your legs to shoulders while protecting your lower back. Using your club as a weight perform a squat reaching outside one knee. Then drive up, pulling your arms across your chest above the opposite ear.

<https://youtu.be/vqP1MZzSHJE>

Exercise 7:

Standing Thoracic Rotation



Standing Thoracic Rotation brings you back to your golfing posture. This movement integrates all the mobility and control we practiced above and connects it to your golf swing. Your glutes, core, and shoulders should all feel free and stable.

<https://youtu.be/85wkP7nhdg0>