

## DYNAMIC WARM-UP FOR SPORT - GOLF

Proper warm-up for any sport or physical activity is important to prevent injuries and maximize our performance. Many of us have had the experience of trying to perform when we haven't warmed up properly, either not able to do our best, injuring ourselves or feeling the consequences later on.

This is even more important for sports that are highly repetitive! Like **golf**! We are well into the golf season and here are two tips to consider for the best warm-up possible and to help keep you and your body happy on the course:

**1. Dynamic Warm-Ups** are the best way to prepare the body for the activities to come. This means gradually warming-up with large active movements that gradually increase the heart rate and increase in intensity. The specific dynamic warm-up components are best done to mimic what is required in the sport.

*Example dynamic warm-up for golf is:*

1. Lower body and spine:
  - a. Walking
  - b. Active Neck Rotation
  - c. Active Thoracic Rotation
  - d. Hip Swings/Pendulums
  - e. Gentle Toe Touches
  - f. Gentle Backward Bends
  - g. Gentle Side Bends
  - h. Gentle Squats



2. Upper body:
  - a. Arm Circles
  - b. Wrist Circles
  - c. Golf Club Warm-Up
    - a. Wrists/Arms
    - b. Rotations
    - c. Mini-Slow-Swings
    - d. Slightly Faster Swing



**2. A Swinging Progression** is a great way to gradually progress to swinging the clubhead fully for game speed. For example, a swinging progression for golf might start with short chipping swings, to longer short balls and leading up to a full drive.

Keeping track of how many swings can be helpful to make sure you don't swing too much and only perform so many swings at each progression to enable you to be warm and fluid with your movement. A specific thing to avoid is hitting too many balls often during the course of the season, at the range trying to perfect your swing and specifically right before a game so you are not fatigued to play the round.

**Please contact us with questions or to help get your body moving better!**