

# Power Your Golf Game



## Exercises to Prevent Injury & Support Your Swing

Panama City's golf injury treatment experts at Southern Orthopedic Specialists recommend these exercises to help you stay strong and reduce your risk of injury.

### 1 TORSO ROTATION STRETCH



Stand with arms crossed and feet shoulder-width apart.

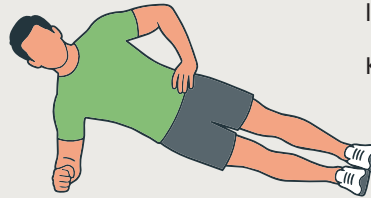
Rotate upper body to one side (keep hips forward).

Hold, then repeat on the other side.

**HOLD 15 – 20 SEC**

**Benefit:** Improves rotation & flexibility for your swing

### 2 SIDE PLANK



Lie on your side, elbow under shoulder, legs extended.

Lift hips to form a straight line.

Keep core engaged.

**HOLD 20 – 40 SEC**

**Benefit:** Builds core strength & stability

### 3 HIP ROTATION



Lie on your side, knees bent, arms forward.

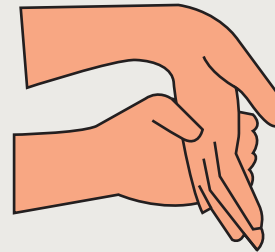
Open top arm and rotate chest.

Hold, then repeat on the other side.

**HOLD 10 – 15 SEC**

**Benefit:** Improves hip mobility & rotation

### 4 WRIST FLEXOR STRETCH



Extend one arm, palm up.

Gently pull fingers downward.

Hold, then switch arms.

**HOLD 20 – 30 SEC**

**Benefit:** Reduces wrist tension & supports grip

### 5 SQUATS



Stand with feet slightly wider than hips.

Bend knees and push hips back.

Press through heels to stand.

**REPEAT 10 – 15 REPS**

**Benefit:** Builds lower body strength & balance

For more information, please scan the QR code.



Exclusive Regional Doctors for *The* **Golf Docs.**

850-785-4344

[www.southernorthopedic.com](http://www.southernorthopedic.com)

@SouthernOrthopedicSpecialists