

METHODIST SPORTS MEDICINE—THE ORTHOPEDIC SPECIALISTS

Golf Club Behind Back—Address Posture

PURPOSE: To teach you how to assume an golfing address position with a straighter back. This position will allow you to make a greater turn in your spine and will protect your lower back from injury.

WHAT YOU SHOULD FEEL: Movement only in the hips, possibly a stretch in the back of the thighs.



Starting Position:
Knees slightly flexed. Right hand above head holding club and left holding the club against the lower back. Hold your head up with the chin slightly tucked.

Action:
While maintaining the club flush against the back and the knees flexed, bend over with the hips. Go as far as you can without the club coming off the back, or until you feel a stretch in the back of your legs.



NOTE:
You can occasionally assume the address position with the club. Try to maintain your straight spine and shoulder blades back.

HINT:
Have someone watch you, or use a mirror to see if your back is staying straight.

Perform ___ sets of ___ repetitions, ___ times per day / week

If you have any questions regarding your exercises, please contact your physical therapist at (317) 817-1200 or 1-800-SPORTS-MED

Therapist _____ Ext: _____

HOME EXERCISE PROGRAM