

# Return to Golf...



## Following Hip Surgery

This program is intended to help golfers return to the golf course following a hip surgery. Having adequate strength and mobility in your new hip joint is extremely important to insure that you will have many healthy and enjoyable rounds of golf in the coming years.

Prior to hip surgery, golfers often have to modify their swing and mechanics due to limitations in hip mobility from their injury or arthritis. Following surgery, the hip joint will have more motion than the golfer has had in recent years. It is now necessary to re learn how to use this new motion. The below program will help the golfer achieve the flexibility, balance, and specific strength necessary for a biomechanically sound golf swing.

Once your PT and surgeon give you the ok to start swinging a golf club, this program will help get you back on the course.

### SELF EVALUATION

The following tests are meant to see where golfers are with respect to balance strength and flexibility. When all four of these tests are performed satisfactory, the golfer's hip should have the ability to complete a biomechanically sound golf swing. If you are unable to perform any of these tests, the "Return to Golf Program" will help get you back on the course.



### **The Bridge w/ Leg Extension Test**

**Purpose:** To test a golfer's core stability and gluteal strength. Strong glutes are a key to good ball striking and generating power from the ground up.

Start on your back, knees bent, feet flat, knees and feet together, and arms crossed over your chest. From here, lift your pelvis up off the ground.

Keep your belt line parallel to the floor and try to extend your right leg from the knee.

Hold this position for ten seconds.

If the pelvis on the right side drops or the left leg shakes, this indicates a weakness in the glutes on the left side.

If the left hamstring or lower back starts to cramp, this indicates inhibition of the glutes and recruitment of the synergistic muscles.

Repeat the test on the other side.

Make sure you keep your belt line parallel to the ground throughout the test.

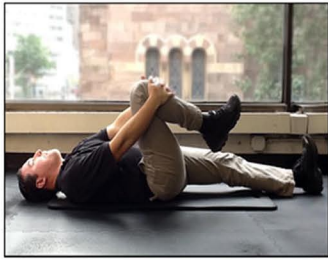
If you feel like your hamstring is going to cramp, stop the test immediately!



### The Single Leg Balance Test

Purpose: To measure the golfer's overall balance and core stability.

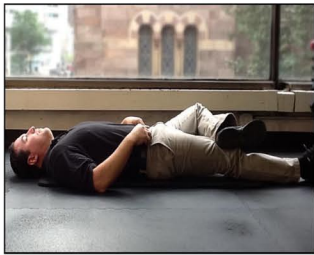
Stand tall with your arms down by your side and elevate one leg. Make sure your elevated leg is not touching your down leg. Once stable, close your eyes and see how long you can maintain balance. Any re-positioning of the foot is considered a loss of balance. Record and repeat on the other side. Over 25 seconds is exceptional; stop the test after 25 seconds.



### The Modified Thomas Test

Purpose: To test flexibility in the hip flexor muscles.

Limited flexibility in these muscles can alter spinal and pelvic posture, place abnormal stressors on the knees, and leave the golfer susceptible to lower back injury. Sitting as close to the edge of a bench as possible, kick both knees up to your chest and roll flat on your back. Grab your right knee with both hands. With the right side supported, lower your left leg down as far as possible, making sure your pants don't restrict motion in any way. If the left thigh does not drop parallel to the bench then the hip flexors are tight. Repeat the test on the other side.



### The FABER Test

Purpose: To test hip joint mobility.

Lie on your back with the right foot resting on the opposite knee. Without moving the foot, lower the right knee down towards the table. The right knee should be able to get close to touching the table without movement of the pelvis. If there is pain or you can not achieve this motion the hip joint is tight. Repeat test on the other side.

## Return To Golf

The *Return To Golf* exercise program consists of flexibility, strength, balance, and swing drills that are specifically geared towards improving common deficits seen in golfers following hip surgery.



### Foam Roll- Gluteals

Purpose: Increase flexibility of the gluteal muscles

Begin exercise in supine position with glutes placed directly on the foam roller with both hands supporting body weight. Next, roll the glutes across the foam roller.

## FLEXIBILITY

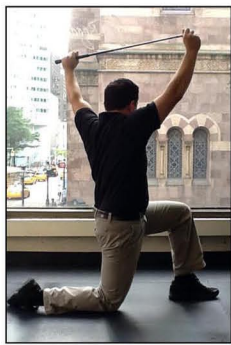


### Foam Roll- TFL (Hip Flexor)

Purpose: Increase flexibility of the hip flexor muscle

Begin exercise in side-lying position with TFL placed directly on the foam roller with bottom hand and opposite leg supporting body weight. Next, roll the TFL across the foam roller.

## Flexibility



### LONG TURNS WITH CLUB

Purpose: Increase flexibility between upper and lower body, increase stability of lower body and mobility of upper body

Start by getting into a half kneeling position with your front foot placed directly in front of your down knee.

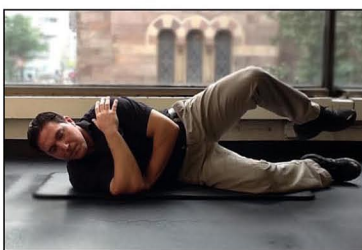
Sit as tall as possible. Raise a golf club up over your head and continue to try and sit as tall as possible.

Slowly begin to rotate your trunk and the club as far as possible in both directions.

Repeat this movement 15 times to each side. Go slow enough to maintain a good posture and good balance.

Repeat on the opposite leg.

## STRENGTH



**Clamshell**

**Reverse Clamshell**

Purpose: Increase gluteal strength, improve lateral stability

Clamshell: Lie on your side with your knees bent and one foot above the other.

Try to lift your top knee up as far as possible. Go back and forth for 15 repetitions. Repeat on the other side.

Reverse clamshell: Lie on your side with your knees bent and on top of each other.

Keeping your knees in contact with each other, try to lift your top foot up as far as possible.

Go back and forth for 15 repetitions. Repeat on the other side.

### Single Leg Bridge

Purpose: Increase gluteal strength, improve hip extension, increase core stability

Lying flat on your back with your knees bent, feet flat on the ground, and knees and feet together.

Extend your right knee completely and from here, lift your hips up off the ground using your left glute.

Try to maintain a stable pelvis

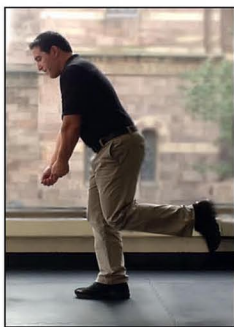
and focus on firing the glute and minimizing the hamstring involvement.

Hold for up to 2 seconds and repeat 10 times.

Repeat on the other leg.



# BALANCE

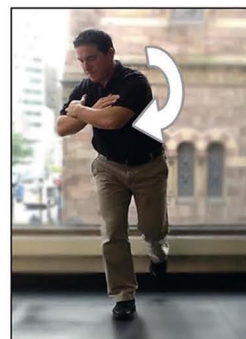
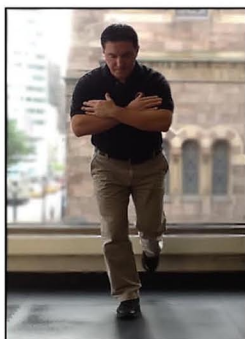
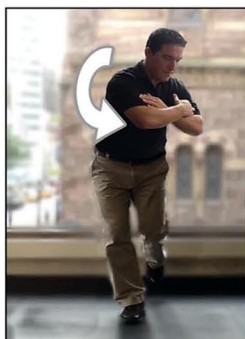


## SL balance in golf stance

Purpose: Increase balance, improve lower body stability in golf posture

Get into your golf posture and try to lift one leg.

Try to balance yourself for 20 seconds first with eyes open, and then try eyes closed. Repeat on the other leg.



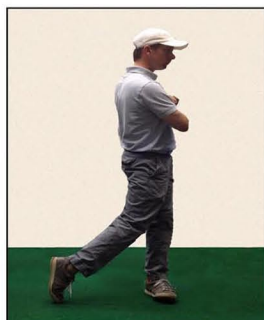
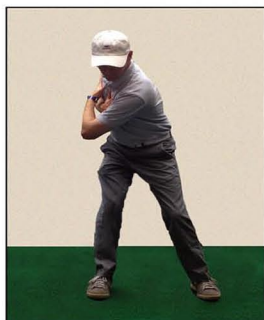
## Torso Turns One One leg

Purpose: increase balance, increase lower body stability and upper body mobility.

Start by standing on one leg and getting into a stable golf posture. Lift your left leg and cross your arms over your chest. Trying to keep your lower body stable, begin to rotate your trunk back and forth 10 times while maintaining your balance. Repeat on the left leg.

## Drills To Help Your Golf Swing

(1)



### Shoulder Turns in Front of a Mirror (1)

Cross your arms across your chest and work on turning your shoulders so that your weight goes to the inside of the right foot (right handed golfers). Then work on bumping the hips to the left and turning as you would in a golf swing. As you do this, keep focus on keeping your eyes level to the ground, and that you are able to pivot on your left side.

(2)



### One foot Half Swing (2)

Lift your right foot up and place most of your weight on the left foot. Keeping your balance, take a half swing. As you hit the golf ball work to keep your left wrist flat. Keep a emphasis on your left hip so it stays positioned over your left ankle.

(3)



### Short Swing Drill (3)

In this drill we combine elements of the previous two drills. Keep your feet on the ground and work up to a half swing with: Proper weight shift & Controlled wrists

If you are able to complete all of these drills with ease, it is now time to start taking longer swings.