

PRI Golf Recommendations

Lower Body Pathomechanic Characteristics

- Weak *left* hamstrings and glutes
- Weak *left* hip internal rotators
- Weak *left* hip adductors
- Weak *left* abdominal obliques
- Tight strong *right* backs / strained *left*

Upper Body Pathomechanic Characteristics

- Weak right middle and lower trapezius
- Weak right shoulder internal rotators
- Weak left diaphragm
- Tight right intercostal wall
- Tight latissimus
- Tight left pecs

Top Ten Recommendations

- 1) Keep hamstrings equally strong
- 2) Work glutes while remaining internally rotated at the hip
- 3) Hang from an overhead bar
- 4) Stand on left leg when reaching for ball with right hand on 70% of holes
- 5) Keep heel cords and wrist flexors stretched out
- 6) Blow up balloons
- 7) Walk “up hill” whenever possible
- 8) Keep hip adductors “alive”
- 9) “Reach” straight up with club in one hand while rotating on opposite leg
- 10) Stand up with left leg in neutral, after “sighting” a ball

Top Ten Recommendations

Recommendation #1



90/90 Wall Hemibridges with Ball Squeeze

- Place feet on wall so that hips and knees are at 90°.
- Using your hamstrings, perform a posterior pelvic tilt (do not use back or abdominals).
- Squeeze ball while maintaining pelvic tilt.



90/90 Wall Hemibridges

- Place feet on wall so that hips and knees are at 90°.
- Raise sacrum off mat by lifting with hamstrings.
- Hold position with left leg and straighten the right.
- Lower and raise straight leg on and off the wall.

Recommendation #2



Sidelying Leg Lifts at 45°

- Lie on your side, place hand under ear and bend lower hip and knee.
- Keep top knee straight and upper pelvis forward.
- Toes pointing down, raise and lower upper leg at 45° angle.



Block Step Arounds

- Stand on 2-4-6" block with left leg.
- Point right toes inward, internally rotating right hip.
- Distribute weight through your left heel and step down and around with right leg.



Backward Stair Ascents

- Keep feet neutral or parallel with each other.
- Place both feet flat (pushing through heels to activate glutes) on respective steps prior to advancing.
- Take opposite hand to most flexed knee with each step.
- Shift weight to the leg you are standing on.
- Lift by keeping pube over great toe until completing the step.

Recommendation #3



D2F stretch with ball

- Rest left arm above head with a 1-2# wt. in left hand.
- While squeezing a ball, rotate legs to the right.
- Gently push with left foot into floor to eliminate back extension.
- Feel lower ribs move downward as you exhale.



Right Intercostal Stretch

- Begin on hands and knees. Keep back level.
- Hold leg of table with right hand and extend left leg.
- Leaning to the right, curve your spine to the right to feel stretch in right intercostals.



Latissimus Hang

- Grasp overhead bar with hands shoulder width apart or more.
- Place feet in front of bar then sit back by bending knees and posteriorly rotating pelvis upon exhalation.
- Keep feet flat on ground entire exercise.
- As you finish sighing, do not stand up.
- Inhale and exhale (pausing 2-3 sec between breaths) feeling anterior ribs move downward as you hang.
- After inhaling a third time, stand up with legs, not arms.

Recommendation #4



Picking up a ball

- Reach to pick up golf ball with right hand and stabilizing on left leg.
- Use left leg to rise.

Recommendation #5



Palms to Floor

- Bend down to touch both palms to the floor.
- Keep heels down to feel heel cord stretch and back rounded.

Recommendation #6



Balloon Exercise

- Rest right arm above head with balloon in left hand.
- Posterior pelvic tilt keeping back flat.
- Inhale through nose and slowly blow out into balloon. Pause 2 sec, place tongue on roof of mouth.
- Take another breath in without clamping or pinching balloon.
- Slowly blow out again. Do not strain neck or cheeks.
- After 4th breath in, pinch balloon and let the air out.

Recommendation #7



Walking up hills

- Walk up hills whenever possible to activate hamstrings.

Recommendation #8



Sidelying Scissors Exercise

- Begin sidelying with back rounded and both feet lightly pushing into wall.
- Squeeze ball. Hold.
- Slide upper knee forward and back to neutral.



Belly Lifts

- Start on hands and knees with elbows slightly bent, fingers forward, head down.
- Arch trunk during exhalation. Hold 4-5 breaths.
- Straighten legs while maintaining arch. Hold 4-5 breaths.
- Lift right hand off mat while maintaining arch. Hold 4-5 breaths.

Recommendation #9



Single Leg Reach

- Stand on left foot.
- Bring right knee up towards chest, maintain position.
- Take right arm and reach up towards the ceiling.
- Stand on left tiptoes if possible.

Recommendation #10



Sighting a ball

- Kneel down on right knee when sighting ball.
- Push up with left leg to rise.