



MOBILITY & STABILITY FOR

GOLF

MOVE, FEEL & PLAY
BETTER GOLF



About the author

I'm a personal trainer specialising in Golf Fitness/Strength & Conditioning...

I qualified as a personal trainer in 2011 and I am currently based at Cottesmore Golf Club (near Gatwick in West Sussex). In my free time I enjoy getting out on the golf course, the gym and spending time with the family.

I have had the opportunity to work with a range of individuals, male and female, from the ages of 8 to 80 years old. Past and present golfers I have worked with include Lingfield Golf College, Thames Valley U18 Regional Squad, England U18 and U16 players and Sussex and Surrey players from U14 to U18's; (previous client) European Tour player Marco Penge, many amateur golfers from +hcp to non-handicapped/beginner golfers.



Introduction

Golf, a sport of precision and power, demands a unique blend of mobility and stability. These two elements are essential for a consistent and efficient golf swing. This eBook aims to explore the importance of mobility and stability in golf, providing insights and practical exercises to help golfers of all levels improve their game.

Matt is an experienced personal trainer, having helped many golfers of all ages and abilities over the last decade. With his experience combined with scientific research he has put together this short eBook and exercise program. Specifically aimed for golfers who might be new to exercise; those that might not have much time available to exercise and those that are looking to add more golf specific exercise to their current training program.

Before following this program or any other golf specific training program (that you might see online), you must understand that the individual comes first... this means that an exercise program that's based around you (the individual) would be best!

Additionally, a program that should also be based around your specific golf swing, and the goals for your swing and your own golf game. This being said there are a few things (especially to begin with) that we can all do as golfers when it comes to fitness for golf.

Understanding Mobility & Stability

Mobility refers to the ability of your joints to move through their full range of motion. In golf, key areas requiring mobility include the hips, shoulders, and thoracic spine. Enhanced mobility could allow for a smoother, more fluid swing, which can lead to increased distance and accuracy.

Stability, on the other hand, is the ability to maintain control of joint movement and body position. Stability in golf is crucial for maintaining control throughout the swing, preventing injuries and ensuring consistent ball striking.

Mobility includes flexibility (so the ability to lengthen a muscle) as well as the positioning and stability/strength of the surrounding bones and muscles. And when we think about stability, it's the muscular strength and control around those joint.

Role of Mobility & Stability in the Golf Swing

Golfers need mobility in several key areas:

Hips: The hips play a significant role in generating power. And depending upon swing style, you may need more or less mobility (such as rotation) around the hips. There is also some evidence to suggest that limited hip mobility could increase risk of low back pain, however this also isn't well supported.

Thoracic Spine: This part of the spine allows for the necessary rotation during the backswing and follow-through. Poor mobility here can result in a restricted swing, leading to loss of power and accuracy. Out of all areas of the body, I believe it is thoracic spine mobility that is most important for the majority of golfers, for most swing styles.

Shoulders: The shoulder joint (specifically GH joint) is a very mobile joint and can be used during the golf swing. Adequate shoulder mobility ensures a full backswing and follow-through, essential for maximizing clubhead speed and control.

Stability ensures that the power generated by your swing is effectively transferred to the ball.

Key areas for stability include:

Core: A strong core stabilizes the body, allowing for efficient transfer of energy from the lower body to the upper body during the swing.

Assuming the "core" involves muscles from the hips and trunk, strength around this area could help reduce the risk of low back pain in golfers too.

Lower Body: Stable legs and hips provide a solid foundation, enabling a powerful and controlled swing.

Upper Body: Stability in the shoulders is crucial for maintaining control of the club through impact. The shoulders are commonly injured in amateur golfers and so strength/stability around all shoulder joints could help reduce the risk of injuries.

Integrating Mobility & Stability into Your Routine

To optimize your golf performance, integrate mobility and stability exercises into your regular training routine. As mentioned at the beginning, there can be exercises that are "golf specific", however more importantly exercises should be specific to the individual and then their swing style.

Before and after following an exercise program it is a good idea to complete a few tests to monitor progress and the tests can also help identify specific areas which need more or less work. As mentioned above thoracic spine mobility is, in my opinion, important for the majority of golfers and here is a test you can use yourself.

T-Spine Rotation Test - Locked Lumbar

From kneeling, keep your left elbow on the floor and rotate as far as you can to the right. (take a picture or use an app to measure the rotation).

Then perform the other side.



Mobility & Stability Program

Perform the exercises below 3-5 times per week, for 4-12 weeks. Re-test thoracic spine mobility every 4-weeks to check for progress.

Order	Exercise	Sets x Reps/Duration
1	Cat Dogs	1 x 10
2	Thoracic Extensions	2 x 30 seconds
3	Trunk Stretch	2 x 30 seconds
4	Hip Internal Rotation Stretch	2 x 30 seconds
5	Side Plank	2 x max seconds
6	Deadbugs	2 x 15-20
7	Hip Flexor w/ Lateral flexion	2 x 30 seconds
8	Chest Stretch	2 x 30 seconds
9	External Rotations	2 x 15-20
10	A-Stretch	2 x 15

Summary

Improving your mobility and stability can help enhance your golf swing, reduce the risk of injury and enjoy the game more. As always, it is best to follow a specific program, but incorporate the exercises outlined in this eBook can be a good place to start, and watch your performance on the course improve.

Thanks for downloading this eBook,

Regards,

Matt Scott







