

POWER YOUR Golf Game



DESERT
ORTHOPAEDIC
CENTER

Experience. Excellence.

Exercises to Prevent Injury & Support Your Swing

The experts at Desert Orthopaedic Center, Nevada's golf injury treatment specialists, recommend these exercises to help you stay strong and reduce your risk of injury.

1 TORSO ROTATION STRETCH



Stand with feet shoulder-width apart, arms crossed.

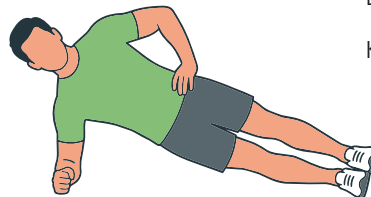
Rotate upper body to one side (keep hips forward).

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.

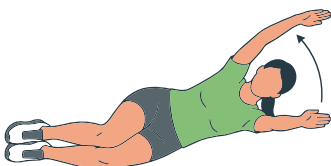
Lift hips to form a straight line.

Keep core engaged.

HOLD 20 – 40 SEC

Benefit: Builds core strength & stability

3 HIP ROTATION



Lie on your side, knees bent, arms forward.

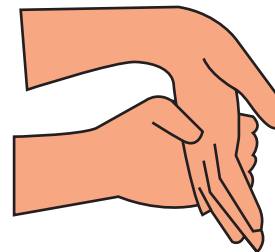
Open top arm and rotate chest.

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 shoulder-width apart.

Bend knees and push hips back.

Press through heels to stand.

REPEAT 10 – 15 REPS

Benefit: Builds lower body strength & balance

For more
information,
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Exclusive Regional Doctors for

The Golf Docs

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