

Further information

Scan the QR code below to gain further information about Hip tendonitis in golf.




Where can you find us?

www.brierleyforestgolfclub.com

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Unlock your full golf potential!

 see information inside



Brierley forest golf club



Your Hips are they key to your swing

Your Hips are the key to unlocking the next level of your golf ability. The hip muscles are responsible for the rotation and are the most active muscle during the swing.

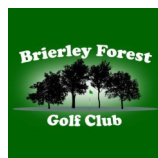
Your hip flexors, glues and hamstrings are all main movers of the hip and therefore are responsible for this rotation.



Hip rotation in the golf swing

Over use of these muscles without proper warm up and cool down can cause hip tendonitis.—a condition where the tendon of any of these muscles become inflamed , painful and immobile. (scan QR code on reverse to find out more)

As well as this, over use of these muscles can cause stiffness and overall poor mobility therefore effecting your ability to score a par or below!



So what can we do about this?

In order to prevent Injury to this key area, we must consider some key aspects of physiology. Before playing golf it is vital to warm up these muscles to allow them to stretch and flex without causing damage. As well as this, increasing strength in these muscles will not only help prevent injury, but will help you lower your score on every hole—sounds to good to be true right?

Stretches and strength training

Quadriceps

This is a group of muscles that are located on the front side of your upper leg. Do this exercise before and after a round of golf to increase strength and mobility:

With hips and torso in line. Slowly step forward with one leg with the other leg bent. go as deep that is comfortable and hold for 3 seconds repeat 3 times on both side.

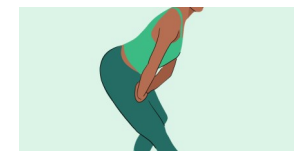


Quadriceps stretch

Hamstrings

This is a group of muscles located at the back side of your leg—opposite to the quadriceps. The quads and the hamstrings work as a pair to bring about movements at the hip. Do this exercise at the start and end of a round of golf:

Hinge at your hips and keep one leg bent. Straighten the other leg and begin to hip hinge further and reach for your extended toe. Hold this for 5 seconds 3 times.



Hamstring stretch

Glutes

The glutes aka your bum are made of of 3 main muscles and is the most active muscle in the golf swing. It is therefore important to warm it up and strengthen it well. Do this exercise before and after a round of golf:

Keep your standing leg straight while holding the chair in front. Slowly raise your off leg backwards until you feel a stretch in your glutes. Repeat this 10 times on either leg.



Glute stretch

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