



SPORTS SURGERY CLINIC

*Specialists in Joint Replacement, Spinal Surgery,
Orthopaedics and Sport Injuries*

Five minutes training that will improve your game

Neil Welch - Lead Rehabilitation Coach



Aims

Understand the physical demands of golf

Understand the concept of a warmup

Go through two simple warm ups that will impact
your game

The warm up

Address range of motion prior to play

Increase blood flow and compliance

Increase neural drive to important structures

Gradually build up in intensity

Include movements and speeds specific to sport

Allow mental preparation

Floor warm up

Glute bridges

Hip flexor holds

Windmills

Cuff rotations

Band pull and Y

Standing warm up

Band hip swings

Hip flexor holds

Pendulums

Cuff rotations

Band pull and Y

Contact us

Address: Sports Surgery Clinic, Santry Demesne, Dublin 9

Main Hospital 01 526 2000 info@sportssurgeryclinic.com

Sports Medicine 01 5262030 sportsmedicine@sportssurgeryclinic.com

Physiotherapy 01 5262040 physio@sportssurgeryclinic.com

Radiology 01 5262060 radiology@sportssurgeryclinic.com

Website www.sportssurgeryclinic.com