

Power Your Golf Game

TRI-COUNTY
ORTHOPEDICS

World-Class Team. Hometown Choice.



Exercises to Prevent Injury & Support Your Swing

The experts at Tri-County Orthopedics, New Jersey'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.

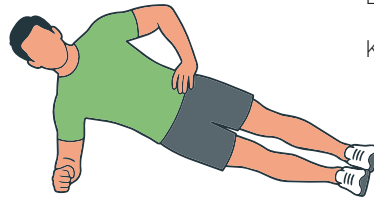
Rotate upper body to one side (keep hips forward).

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.

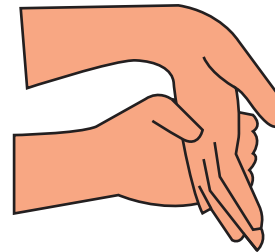
Open top arm and rotate chest.

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, please scan the QR code.



Exclusive Regional Doctors for *The* **Golf Docs**

Tri-County Orthopedics complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

www.Tri-CountyOrtho.com