

Name: Matthew Bennett

Shoulder Exercises for Golfers (Page: 1)

1. Shoulder Figure 8 Standing (End Range)

Preparation:

- Standing with your arm raised overhead to 120 degrees

Execution:

- Perform a figure of 8 motion with your arm between 120 and 180 degrees of elevation



Arm high - Perform figure of 8 motion

2. Lower Fiber Traps Contraction

Preparation:

- Sit or stand with good posture

Execution:

- Slightly bring your shoulder blades together



Start position



Use the muscles between the tips of your shoulder blades

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3. Turning the Crank - Shoulder AROM

Preparation:

- Stand with good posture.
- Clasp hands together.

Execution:

- Move both arms in wide circles in front of your chest - as if turning a giant crank.

Variations:

- Turn the crank at an angle towards your left shoulder.
- Turn the crank at an angle towards your right shoulder.



Turn the crank

4. Paddling the Canoe - Shoulder AROM (Stick / Cane)

Preparation:

- Stand with good posture.
- Hold a stick or cane, hands shoulder width apart.

Execution:

- Pretend the stick is a paddle and you are paddling a canoe. Paddle as wide as you can.

Variations:

- Switch hands and paddle on the opposite side.



Start Position



Paddle

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5. Shoulder "Y" Slides Standing (Wall)

Preparation:

- Stand with both arms raised overhead resting on a wall as if you are creating a "Y"

Execution:

- Slide your forearms up the wall as far as you can using your shoulder blades, then lift your forearms off the wall
- Slowly lower your arms to the start position



Arms against wall, creating a "Y"



Slide forearms up wall



Lift forearms off wall

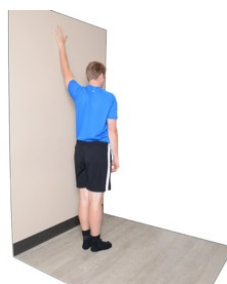
6. Scapular Protraction in Shoulder Abduction (Wall)

Preparation:

- Stand next to a wall as shown
- Raise your arm to 150 degrees and rest it on the wall

Execution:

- Keeping your elbow straight, push your body away from the wall using your shoulder blade
- Return to the start position, letting your shoulder blade wrap backwards around your rib cage



Arm straight out to side



Push body away from wall using shoulder blade

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7. Posterior Shoulder Stretch

Preparation:

- Sit or stand with good posture

Execution:

- Reach across your chest
- Use your other arm to pull a little bit further



Start Position



Pull arm across chest

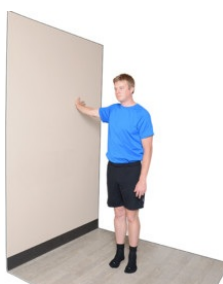
8. Pectoralis Major / Anterior Shoulder Stretch (Wall)

Preparation:

- Stand arm's length from a wall
- Rest one arm against the wall at about shoulder level

Execution:

- Keeping your elbow straight, turn away from the wall, drawing your arm behind you



Arm against wall



Turn away, elbow straight