



Instructor Corner

Open Up

By Betsy Voyles, MSPT

Do you sit most of the day at work? Most of the evening at home? Do mostly sitting exercises at the health club? Have a long commute? Usually ride a cart when you play golf?

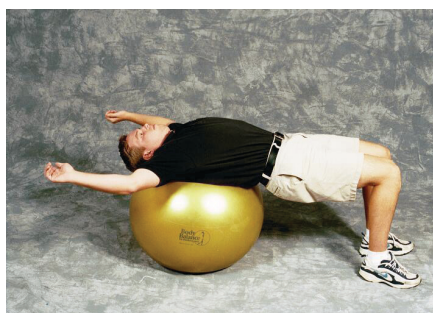
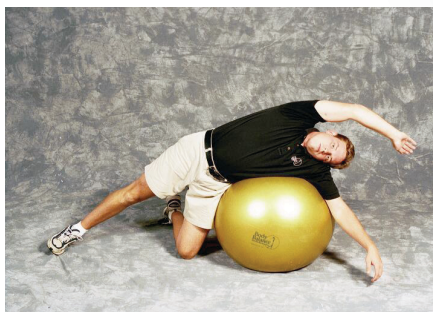
If the answer to more than one of these questions is yes, then your body probably needs to lengthen and open up.

Sitting for long periods each can be detrimental to the swing and overall performance. Daily activities primarily use the front of the body. Thus, the back tends to get very stiff and tired while trying to stabilize all of the forward activities, such as driving, computing, eating, childcare and swinging a club. As a result, it becomes nearly impossible to have an open, relaxed, fluid golf swing after being in a tight, rounded posture.

Here are a few big ball exercises to help getting the body opening up. Hold each stretch until there is the feeling of gaining length in the particular area. Gentle stretching with deep breathing is best.

Side Stretch

The more the ribs can expand, the more length there is from the hip to the



shoulder. This creates greater rotation of the trunk region during the swing.

Chest Stretch

The more chest expansion and middle back extension there is, the more width is created to maintain in the swing.

For information on flexibility for golf or other questions about golf health and fitness, contact Body Balance for Performance at 312-455-9691 or visit bodybalancegolf.com.

