



HULST JEPSEN
PHYSICAL THERAPY

GOLF STRETCHES

W TURNS (20 REPS)

KEEP HIPS + LOWER BODY STILL.
SMOOTHLY TURN TRUNK LEFT + RIGHT
WITH CLUB ACROSS YOUR BACK.



PELVIC TILTS (20)

KEEP TRUNK + UPPER BODY
STILL. SMOOTHLY TILT PELVIS
BACKWARD + FORWARD.



PELVIC ROTATIONS (20)

KEEP TRUNK + UPPER BODY STILL.
SMOOTHLY ROTATE PELVIS LEFT + RIGHT.



LAT STRETCH + HIP HINGE (10)

HINGE FORWARD FROM HIPS. KEEP
BACK FLAT + ARMS EXTENDED OUT.



hjphysicaltherapy.com

HIP SWINGS 10 EACH LEG

KEEP TRUNK + UPPER BODY STILL.
MAINTAIN CONTROL DURING SWINGS.

- FORWARD / BACKWARD
- SIDE TO SIDE
- CIRCLES



HIP ROTATIONS

10 EACH LEG

KEEP ONE FOOT STILL.
ROTATE HIP IN + OUT.
HOLD ENDS OF CLUB.



LUNGE ROTATIONS

10 EACH LEG

LUNGE FORWARD
THEN ROTATE
TRUNK
OVER FRONT
LEG. USE
CLUB TO
INCREASE
ROTATION.



WATCH VIDEO



SCAN HERE