

The "Goose's"

10 best exercises for golf



In this edition we bring you the first in a ten part series brought to you by Chantal Du Chenne and Retief Goosen. These are exercises that Chantal and Retief have personally worked on and have found to be the most beneficial. Chantal has impeccable credentials as the following brief overview of her career shows.



Chantal Du Chenne

Chantal Du Chenne began her career in the golf world fourteen years ago; when as a newly qualified physiotherapist she met Bruna Levitan who introduced her to Mike Leemhuis (the then, Million Dollar Golf Tournament director). Mike offered her the position of Physiotherapist at the Tournament that year and it was there and then with no real idea of the difference between woods and irons, fairways and roughs and not even knowing who the players were that her illustrious career began.

Chantal had been warned of the primadonna attitude of Nick Faldo and as luck would have it he was the first player who requested to see the tournament physiotherapist. Ironically it was Faldo who put her on the map, as he told more and more people how impressed he was with her, following which she was invited to events such as the Alfred Dunhill Australasia vs. Southern Africa and the Lexington PGA at the wanderers. Chantal says that she has never found Nick Faldo to be anything other than courteous, good humoured and respectful but she hastens to add that she has not been on the golf course with him.

In 1996 with many players signing a consensus

to the tour expressing the value of a tournament therapist, Chantal was motivated to initiate, facilitate and manage a physiotherapy unit on the Sunshine Tour. At that time it was her, her treatment table and 10kg of equipment, today she boasts a team of six therapists including a chiropractor and 250kg of equipment.

Chantal's Player Fitness and Therapy Facility (sponsored by Vodacom) addresses everything including basic First Aid, golf specific and other related injuries, their prevention and rehabilitation, initiation and maintenance of flexibility and core stability programs, pre game warm up routines, on and off course nutrition and hydration, mental preparedness and awareness, balance and kinaesthetic function as well as the vision components of the game.

Chantal has worked both nationally and internationally with many of the top players including, Ernie Els, Mark McNulty, Barry Lane, Adam Scott, Richard Stern, Charl Schwartzel and Retief Goosen. It is with thanks to Retief Goosen's willing participation in demonstrating some of the exercises from his Wellness and FIT-for-GOLF regime that this series is brought to you.

No.1 The Rotation Stretch

Lie on the ground (not on the bed!!) with both legs straight out in front of you. to the side at 90 degrees to the body and 'anchor' this Right arm by holding onto something stable/heavy. must remain in the centre-line, but should be maximally rotated to the Right so that your chin is over your Right shoulder.

Bend the Right knee and placing your Left hand onto the outside of the Right Knee; pull the knee across your body, attempting to place it on the ground on the LHS. This range of movement is the pre-requisite rotational capacity for a golfer to achieve a consistent and powerful swing as well as to remain injury free.

Don't allow your Right shoulder to lift off the ground or your head to de-rotate as you move into and then hold the stretch position.

Initially, you may be unable to get your knee past parallel let alone onto the ground. But, be patient and be consistent. Improvement will become obvious within 6-8 weeks.

The key to improved flexibility is consistency of stretching. This stretch needs to be repeated once/twice to each side and then six days out of a seven day week. The stretch should be held for 10 deep breaths L/R

Anything less than this will not produce the desired outcome of improving the differential rotational capacity of the body in preparation for an adequate, efficient and powerful shoulder turn.

**Retief
Goosen**

