

The "Goose's"

10 best exercises for golf



The Thoracic Rotation Stretch

This is the second installment in our ten part series brought to you by Chantal Du Chenne, B.Sc. Physiotherapy (Hons) (Wits) and official Sunshine Tour Physiotherapist.

Chantal began working with THE GOOSE in 1994. Her applied knowledge and expertise took her onto the international circuit in 2001, including both America and Europe. Chantal has been the Fitness Specialist for the International Team at both the 2003 and 2005 President's Cup and she is likely to head for Canada in September this year for the 2007 inaugural event.

The basis of Chantal's Physical Conditioning Program for Golf is a focus on Flexibility, Core Stability and Movement pattern or Kinematic sequencing prior to considering major muscle group strength and power.

Balance, co-ordination and kinaesthetic awareness are also an integral component of a holistic approach to Golf Fitness.

Get your body coordinating effectively as we consider Goose's second Best exercise for Golf: the Thoracic Rotation Stretch

Sitting on the ground with your RIGHT leg out in front of you and your LEFT foot placed on the floor on the outside of your RIGHT knee. Rotate your upper body toward the LEFT and anchor your RIGHT arm around the outside of your LEFT knee. Place your LEFT hand on the ground behind you. It should be in line with the length of your spine. Your head should be maximally rotated over your LEFT shoulder.



Ideally: your chin should be **in line** with your LEFT shoulder. Hold the Stretch for 10 deep breaths before moving into PHASE TWO:

Maintaining the position of your legs, place your LEFT elbow on the inside of your LEFT knee and rotate your body to the RIGHT. Your chin should now be in line with your RIGHT shoulder. Once again, this stretch should be held for 10 deep breaths.

Challenge yourself now by doing the two phases of the Stretch in the opposite direction.

Keep stretching and coordinating until the next issue...

The second of "Goose's" 10 best exercises for golf