



4 WEEK EXERCISE PLAN

For Golfers With
Low Back Pain

EMPOWER U PT & PERFORMANCE



PURPOSE

This 4 week program focuses on improving resilience and Golf Fitness. It is designed to keep golfers on the course or get them back to the course as soon as possible after suffering from back pain.

FEEL BETTER. MOVE BETTER. SCORE BETTER

If you have any questions or need more 1-on-1 help, learn more by [clicking here](#). Enjoy!

-Empower U PT & Performance Team

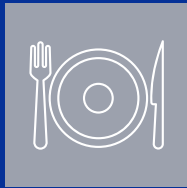
Please Note: This is not meant to serve as medical treatment or advice. Please contact us for 1-on-1 medical treatment.

4 FOUNDATIONS TO GET OUT OF PAIN AND STAY OUT OF PAIN



Good Sleep Habits

7-9 hours/night allows your body to recover from stress and the physical demands of life. Less than that significantly correlates with increased health conditions.



Good Nutrition

Proper nutrition reduces the level of inflammation in your body. [The Mediterranean diet](#) is a good example of a low inflammatory diet.



Stress Management

There are many strategies designed to help recover from life's stressors and manage their intensity. Some include: exercise, meditation, and deep breathing techniques.



Consistent Exercise

You're on the right track! This guide is designed to help golfers improve mobility in their thoracic spine and hips while also improving stability and strength in their core and glutes.

WEEK 1



Each exercise on the chart is linked to an online video that will demonstrate the exercise.

Day 1: LE + Core	Day 1: Instructions	Day 2: Core + Mobility	Day 2: Instructions
<u>Sit To Stand</u>	Sets: 3 Reps:10	<u>Split Stance Golf Stance</u> <u>Torso Rotations</u>	Sets: 3 Reps:10
<u>Assisted Kneeling Pelvic Rotation</u>	Sets: 3 Reps:10	<u>Cat-Camel</u>	Sets:2 Reps:10
<u>Bird Dog.(Legs Only)</u>	Sets:2 Reps:10	<u>Prone On Elbows</u>	Reps: 10 Hold: 10"
<u>Modified Plank From Knees</u>	Reps:2 Hold: 30"	<u>Supine PPT</u>	Sets:2 Reps:10
<u>Bridges</u>	Sets:2 Reps:10	<u>Book Openers</u>	Reps: 10 Hold: 5"
<u>Golfers Hip Mobility - Internal Rotation</u>	Reps:3 each Hold: 30"	<u>Golfers Child's Pose</u>	Reps:3 Hold:30"

**Day 3:
LE + Core**

**Day 3:
Instructions**

**Day 4:
Core + Mobility**

**Day 4:
Instructions**

Sit To Stand

Sets: 3
Reps:10

Split Stance Golf
Stance Torso Rotations

Sets: 3
Reps:10

Assisted Kneeling
Pelvic Rotation

Sets: 3
Reps:10

Cat-Camel

Sets:2
Reps:10

Bird Dog.(Legs Only)

Sets:2
Reps:10

Prone On Elbows

Reps: 10
Hold:10"

Modified Plank From
Knees

Reps:2
Hold: 45"

Supine PPT

Sets:2
Reps:10

Bridges

Sets:2
Reps:10

Book Openers

Reps: 10
Hold: 5"

Golfers Hip Mobility -
Internal Rotation

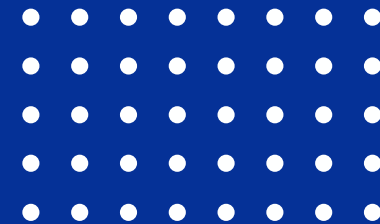
Reps:3
Hold:30"

Golfers Child's Pose

Reps:3
Hold:30"



WEEK 2



Day 1:
LE + Core

Day 1:
Instructions

Day 2:
Core + Mobility

Day 2:
Instructions

Pelvic Rotation -
Assisted

Sets: 3
Reps:10

Golf Stance Torso
Rotations

Sets: 3
Reps:10

Resisted Side Stepping

Sets:2
Reps: 20ft

Plank

Reps: 3
Reps: 30"

Squats

Sets: 3
Reps:10

Core Marches

Sets:2
Reps:10

Hip Hinge

Sets:2
Reps:10

Press Ups

Sets:2
Reps:10

Bird Dog.(Legs Only)

Sets:2
Reps:10

Book Openers

Reps:10
Hold: 5"

Straight Leg Raise With
Quad Set

Sets: 3
Reps:10

Piriformis Stretch

Reps: 3
Hold: 30"

**Day 3:
LE + Core**

**Day 3:
Instructions**

**Day 4:
Core + Mobility**

**Day 4:
Instructions**

Pelvic Rotation -
Assisted

Sets: 3
Reps:10

Golf Stance Torso
Rotations

Sets: 3
Reps:10

Resisted Side Stepping

Sets:2
Reps: 20 ft

Plank

Reps: 3
Reps: 30"

Squats

Sets: 3
Reps:10

Core Marches

Sets:2
Reps:10

Hip Hinge

Sets: 3
Reps:10

Press Ups

Sets: 2
Reps: 10

Bird Dog.(Legs Only)

Sets:2
Reps:10

Book Openers

Reps: 10
Hold: 5"

Straight Leg Raise With
Quad Set

Sets: 3
Reps:10

Piriformis Stretch

Reps:3
Hold:30"



WEEK 3

**Day 1:
LE + Core**

**Day 1:
Instructions**

**Day 2:
Core + Mobility**

**Day 2:
Instructions**

Pelvic Rotation -
Unassisted

Sets: 3
Reps:10

Golf Stance Torso
Rotations

Sets: 3
Reps:10

Resisted Side Stepping

Sets:3
Reps: 20ft

Golfers Child's Pose

Reps:3
Hold:30"

Monster Walks
(FWD & BWD)

Sets: 3
Reps: 20 ft

Bird Dog

Reps: 20
Hold: 5"

Stationary Lunge

Sets: 3
Reps:10

Side Plank on Knees

Reps:2
Hold:30"

Bridge with March

Sets:2
Reps:10

Book Openers

Reps: 10
Hold: 5"

Pigeon Pose

Sets: 3
Hold:30"

Thread the Needle

Reps: 10
Hold: 5"

**Day 3:
LE + Core**

**Day 3:
Instructions**

**Day 4:
Core + Mobility**

**Day 4:
Instructions**

Pelvic Rotation -
Unassisted

Sets: 3
Reps:10

Golf Stance Torso
Rotations

Sets: 3
Reps:10

Resisted Side Stepping

Sets: 3
Reps: 20ft

Golfers Child's Pose

Reps:3
Hold:30"

Monster Walks
(FWD & BWD)

Sets: 3
Reps: 20 ft

Bird Dog

Reps: 20
Hold: 5"

Stationary Lunge

Sets: 3
Reps:10

Side Plank on Knees

Reps: 2
Hold:45"

Bridge with March

Sets:2
Reps:10

Book Openers

Reps: 10
Hold: 5"

Pigeon Pose

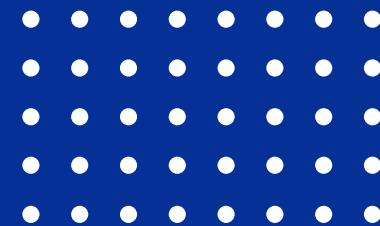
Reps:3
Hold: 30"

Thread the Needle

Reps: 10
Hold: 5"



WEEK 4



**Day 1:
LE + Core**

**Day 1:
Instructions**

**Day 2:
Core + Mobility**

**Day 2:
Instructions**

Single leg RDL

Sets: 3
Reps:10

Dying Bug

Sets: 3
Reps:10

Lunge with Rotation

Sets: 3
Reps:10

Bird Dog:
5 Second Hold

Sets:2
Reps:10

Lateral Lunge

Sets: 3
Reps:10

Side Plank

Reps:2
Hold:30"

Step Up Plus

Sets: 3
Reps:10

Book Openers

Reps: 10
Hold: 5"

Single Leg Bridge

Sets:2
Reps:10

Thread the Needle

Reps: 10
Hold: 5"

Pigeon Pose

Reps:3
Hold:30"

1/2 Kneel Hip Flexor
Stretch

Reps:3
Hold:30"

**Day 3:
LE + Core**

**Day 3:
Instructions**

**Day 4:
Core + Mobility**

**Day 4:
Instructions**

Single leg RDL

Sets: 3
Reps:10

Dying Bug

Sets: 3
Reps:10

Lunge with Rotation

Sets: 3
Reps:10

Bird Dog:
5 Second Hold

Sets:2
Reps:10

Lateral Lunge

Sets: 3
Reps:10

Side Plank

Reps:3
Hold:30"

Step Up Plus

Sets: 3
Reps:10

Book Openers

Reps: 10
Hold: 5"

Single Leg Bridge

Sets:2
Reps:10

Thread the Needle

Reps: 10
Hold: 5"

Pigeon Pose

Reps:3
Hold:30"

1/2 Kneel Hip Flexor
Stretch

Reps:3
Hold:30"



Need continued support?

[Click here](#) to schedule an appointment with us today.

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