

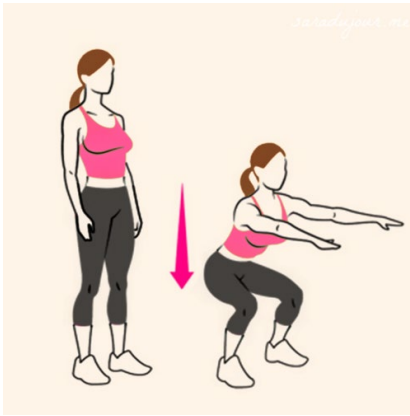
Generating power for the golf swing.

I broke my ankle at the end of September 2016. Of course, my golf was non-existent for a few months, but I did learn a few things. It reinforced what I already knew – the lower body is the key to power. I think we get confused by seeing lots of movement in the upper body. We think that's where the power must come from, but the lower body is key to power. The upper body must be flexible.

While I was out of commission with my broken ankle, I continued to work out the upper body. In addition, using crutches, a walker and wheelchair was quite the upper body workout.

When I returned to the golf course, my drives were about 20 yards shorter. My upper body was stronger than ever, but the lower body – legs and gluteal (butt) muscles were weak.

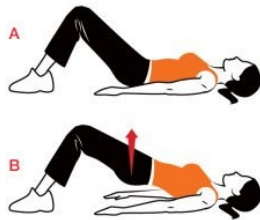
There are a few basic exercises that I recommend to strengthen the lower body – squats, bridges and lunges.



Squats

Squats are a key to developing power because a mini squat occurs in every full golf swing – (see Peggy Briggs' article).

To perform a squat. **Stand with feet a little wider than shoulder-width** apart, hips stacked over knees, and knees over ankles. **Roll the shoulders back and down** away from the ears. **Extend arms** out straight so they are parallel with the ground. Initiate the movement by **bending the knees and shifting the hips back**. While the butt starts to stick out, make sure the chest and shoulders stay upright, and the back stays straight. **Squat to your comfort level, and return to standing**. You may feel more comfortable squatting to a seated position on a chair. Don't allow the knees to collapse in or flair out. Start slow and work up to doing 3 sets of 15 reps.

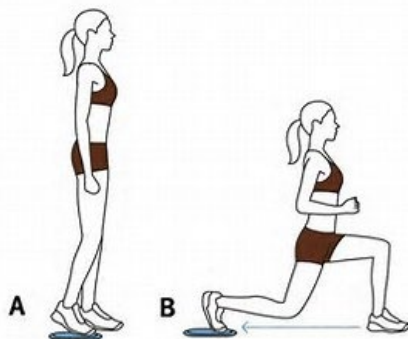


Bridges

Lie down on your back. As you lie down, make sure to keep your knees bent and hip distance apart, and the soles of your feet planted firmly on the floor. Walk your heels back as close to your buttocks as possible. You'll need to use the strength of your feet and your glutes to help you lift up.

Keep your arms at your sides. Draw your shoulder blades together to pull your shoulders back toward the floor. **Lift your hips toward the ceiling.** Press your feet into the floor and lift your hips to the ceiling as high as is comfortable. As you lift, you should squeeze your buttocks.

Keep your knees and thighs parallel. **Hold the pose for 5 full breaths and release back to the start position.** Gently lower yourself down. **Perform the exercise in reps of 10 lifts.** Repeat three times. If your legs cramp, do fewer reps, and make sure you are engaging the gluteal (butt) muscles before lifting the hips.



Reverse Lunges

If you are going to do any lunge, make it a reverse lunge. a reverse lunge forces you to move with tall posture. A reverse lunge helps to increase leg muscle strength while putting minimal force on the knee.

To do a reverse lunge from a standing position, simply **step one leg behind you, place the toes on the floor, and bend down until both knees are bent 90 degrees.** **Push back to standing, and repeat with the other leg.** Try 10 on each leg, focusing on good posture. Repeat 3 times. Don't allow the knee to move to either side – only straight forward and back.

For videos of these exercises and more visit [Smashing Golf You Tube Channel](#).

For specific questions contact Dr. Debra Pentz, DC 480 833-0302