THE PERFORMANCE EDIT

FROM THE GROUND UP **THE FOOT COMPANY X SOLEVO PHYSIO**

HIP MOBILITY FOR GOLF: IMPROVE YOUR GOLF SWING

Is hip tightness affecting your golf swing? Discover how improving hip mobility, strength and control can help you move more freely on the course.





Your hips play an important role in your golf swing, helping you rotate, generate power and maintain control throughout the movement. If your hips are stiff or lack strength, you may find it harder to achieve the positions your swing requires, potentially placing additional demands else where.

You don't need to be incredibly flexible to play good golf. What matters is having enough mobility, strength and control to comfortably move through the positions your swing requires.







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HOW TO IMPROVE YOUR MOBILITY FOR GOLF

- **Move regularly:** Don't save all your mobility work for right before your round. Regular movement helps maintain mobility.
- **Work on rotation:** Include gentle hip and trunk rotation exercises that reflect the movements of your swing.
- **Strengthen your hips:** Strong glutes and hip muscles help control your movement and support power through your swing.
- **Warm up before playing:** A few minutes of dynamic movement can help prepare your body before your first tee shot.

WHEN SHOULD YOU SEEK HELP?

See a physio if hip stiffness is affecting your swing, you're experiencing pain when rotating, or you're noticing difficulty moving comfortably through your swing.

Want to move more freely on the course? We can assess your hip mobility, strength and movement to help build a program around your golf swing and individual goals. Book your consult today!