

Pre Game Warm Ups

“Pre game” warm ups are built in to the routine of all team sports and you won’t find many people within individual sports such as golf who don’t have a warm up routine of their own, especially among professionals. Not everyone is a professional, of course, but **for optimal preparation and performance, a comprehensive warm up needs to be a part of every golfer’s routine.** Warm up prepares the body for activity by promoting efficient movement patterns through increased flexibility and blood flow. Proper warm up helps tune the neuromuscular system, optimizing muscle force production (aka strength and power), coordination and **reinforces proper movement patterns** specific to the golf swing. Sufficient preparation also reduces the risk of injury.

All warm up routines should include both static and active stretching techniques. Static stretching is a passive stretch technique that requires you to relax the area being stretched in order to achieve a greater range of motion. Active stretching involves movement that utilizes and enhances the flexibility gained from the static stretches, increases body temperature and reinforces movement patterns specific to golf. Each technique compliments the other and serves to prepare your body and mind for optimal performance. **You want to feel as prepared on the first tee as you do on the 6th, twelfth and eighteenth tees.** I recommend a minimum of 20 minutes warming up prior to stepping into the first tee box.

For a customized warm up routine or conditioning program that is geared to your strengths and weaknesses, contact John Hinds, PT and Titleist Performance Institute Approved Fitness Professional at 928-8257.