

Get into your summer SWING

If you're like most Canadians, you may think our favourite athletic pastime is hockey, but more adults play golf, with tennis not far behind.

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This is because both sports are enjoyed by women and men of all ages, as well as their children. If you're one of the many Canadians that enjoy a day on the links or the court for fun or competition, consistent, specific cross training exercises will help you become a better athlete, dramatically improve your game and reduce the risk of injury.

Following Kevin's lead

Ex pro golfer Kevin practiced thousands of rounds of golf, and lifted weights. For 10 years he thought this was the right training, until he bulged a disc between his L4-L5 vertebrae, in the centre of his spine. He had to quit his sport due to the back pain. Two years ago, still in a great deal of pain, we created a new training program to improve his muscle imbalances. Kevin had a weak core along with tight, weak hips leaving his spine prone to injury. The rotational motion of a golf or tennis swing makes it imperative that the muscles encasing the spine (and core) are strong to support the movement; rotational exercises and sport-specific conditioning help to reduce injury, create power and strength.

After 12 months, combining flexibility and strength exercises twice a week with working alongside his

chiropractor, Kevin reached his goal and played his first 18 holes this past winter.

Each of the following exercises is crucial for balance, dynamic flexibility, core stability, range of motion, strength and speed. Include them in your training program twice a week or as a beneficial spine stretch before you play, to help you score your best game of golf or tennis.

PHOTOGRAPHY: JOHN HALENKO

1 Leg swings

range of motion-low back, hamstrings, hips

Stand, holding onto golf club or chair, swing leg forwards and backwards, and then swing across the body and outwards, as shown. 10 repetitions each direction.

**2 Lunge with twist**

core strength, legs and hips

Hold golf club or tennis racket behind head to keep spine straight; step right leg forward into a lunge and twist to side over leading leg. Step back. Repeat with left leg. 2 sets of 10-12 repetitions. Progress to weighted bar behind head.

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LIFESTYLE

3 Good mornings

glutes, low back

Stand feet hip width apart, hold weights, back flat, shoulder blades drawn together and abdominals engaged, bend forward to 90 degrees. Slowly engage glutes to standing. 2 sets of 12 repetitions. (Note: a neutral back, not rounded)



3

4 Woodchopper

core strength, balance

On stability ball, swing medicine ball on horizontal plane. Arms overhead, abs engaged, control chop down to side; return overhead. Keep ball still. 2 sets of 12 repetitions each side.



4

5 Squat with twist

whole body, core strength, torso rotation

Hold cable or flex band. Stand feet hip width apart. Squat as low as you can, hips back, knees behind toes maintain upright posture; stand back up and with straight arms twist torso to right. This is one flowing movement. 2 sets of 12 repetitions each side.



5

6 Dynamic side plank with arm rotation

core stability, range of motion, strength

Side plank, elbow under shoulder, feet stacked, lift hips off floor, extend arm to ceiling. Bring extended arm, down under body as shown. Untwist, return to start position.

Repeat. 1 set of 10 repetitions each side. Visit [Cherilee at \[envisionwellness.ca\]\(http://envisionwellness.ca\)](http://Cherilee.at.envisionwellness.ca)

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