



Get moving

A new year brings a new opportunity to do things that we may have been putting off for a long time. By Tommy Gallagher.

It is easy to find an excuse not to start work on the physical side of your game. However, before long the season is upon us and we are wishing that we had done something during the winter months to help us play better during the year. So let's get moving.

XXX HEADING

Here are 5 simple things that you can start today that will help your golf in 2017 and beyond:

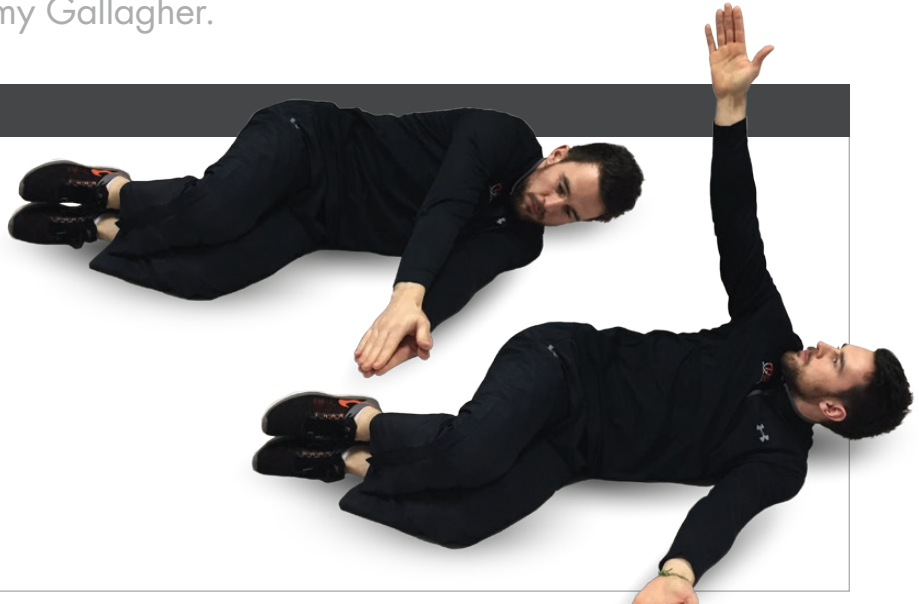
1. Start some form of Exercise. It doesn't matter what it is – walking, cycling, swimming, jogging, hill walking. Commit to at least 40 minutes three times a week.
2. Stretch and Mobilise. Pick 4-5 stretches to do on a daily basis that will increase your flexibility and mobility. Doing 8-10 minutes, 5-6 times a week is a good start. I have included some to help you get started.
3. Strengthen your Swing. Pick 3 upper body and 3 lower body strengthening exercises to do, 3 times a week.
4. Clean up your Nutrition. Take baby steps. Cut down or cut out the things you know aren't doing you any good - try and replace them with a healthier alternative.
5. Warm up & Cool down. Create a short warm up and cool down routine that you can practice before and after every round. Gently mobilise, stretch and get the blood flowing.



TOMMY GALLAGHER is a leading Physical Therapist who specialises in Golf Injuries and Rehabilitation. Having worked on the European Tour, he works with many of Ireland's leading Amateurs and Professionals. With his main clinic in Donegal, he works with golfers throughout the country, of every age and ability, to help them recover from injury and get them fitter and stronger. His unique methods of finding the source of pain and weakness means that you are working with the person the Professionals turn to in their time of need. For more information or to contact Tommy visit www.tommygallagher.ie

OPEN BOOKS

- Lie on your side with your hands together at 45°, knees bent and feet together
- Slowly rotate your hand backwards to try and touch the floor. Try and get a straight line between both hands
- Repeat 10-20 times each side



HELICOPTER ROTATIONS

- Bend forward from the hips and bend slightly from the knees
- Keep your right hand close to the ground and rotate your left towards the sky focusing on your hips rotating
- Do the same on the opposite side. Repeat 10-20 reps each side



SHOULDER ROTATIONS WITH THE CLUB

- Hold a club lightly in both hands. Lift it above the head keeping arms as straight as possible.
- Slowly lower it behind your back, keeping your hands as close together as possible.
- Return to the start. Do 10-20 reps

