



# LEADING EDGE

PHYSICAL THERAPY

1100 Liberty St SE, Ste 100  
Phone: (503) 500-5727  
Matt@leadingedgesalem.com  
www.leadingedgesalem.com

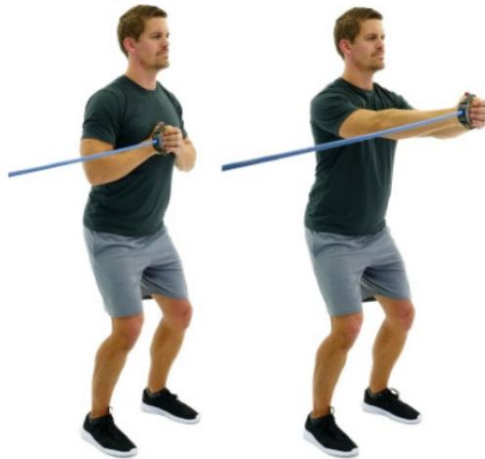


**Matt Hennings**  
DPT, OCS, TPI-M3

Matt has been a physical therapist in the Willamette Valley since 2011. Over the past 12 years, he has developed a passion for, not only helping his patients recovery from injury, but also educating them in ways to prevent re-injury. Matt is also Salem's only level 3 certified golf fitness instructor with the Titleist Performance Institute (TPI).

In January 2023, Matt opened Leading Edge Physical Therapy. He is redefining personalized care by no longer allowing your insurance to dictate your treatment!

**Call our office to learn more!**



### Pallof Press

Slowly push your arms straight outward from your chest, pause and then return to starting position. Focus on keeping your core tight and neck relaxed. You can make it harder by bringing your feet together or by standing on one foot.

**Importance:** By training the muscles that stabilize your trunk against rotation, your body will be better able to decelerate after making contact with the ball.

### Downward Chop

Rotate your body downwards toward the ground as if hitting the ball and then slowly return to starting position. Focus on initiating the downswing by rotating through your hips instead of pulling with your arms.

**Importance:** This is an excellent exercise to train your body to initiate the downswing from your lower body and avoid the dreaded 'over the top' movement with your upper body.



### Reverse Chop

Rotate your body upwards away from the ground as if taking your backswing and then slowly return to starting position. Initiate the movement through your arms but don't forget to allow your hips to rotate as well.

**Importance:** This exercise strengthens your obliques and spinal stabilizers to increase clubhead speed.





# LEADING EDGE

PHYSICAL THERAPY

1100 Liberty St SE, Ste 100  
Phone: (503) 500-5727  
Matt@leadingedgesalem.com  
www.leadingedgesalem.com



Scan the QR code to download a digital copy of these exercises and access even more FREE resources to help improve your golf game.

*Titleist*  
PERFORMANCE  
INSTITUTE  
CERTIFIED



## Resisted Open Book

Start in a half-kneeling position with the outside part of your front leg against a wall. Without moving your legs, rotate your trunk away from the wall as far as you can comfortably and then slowly return to starting position.

**Importance:** This exercise works on disassociating your upper and lower body which is crucial in the golf swing.



## Bent Over Row

Setup in a hip hinge posture as if addressing the golf ball. Pass the band under your feet and hold onto each end. Slowly pull both arms upward while pinching your shoulder blades together. Be sure to keep your back straight.

**Importance:** Not only does this exercise strengthen the muscles between your shoulder blades, but also works on the endurance of your core as you maintain the hip hinge position.

## Squats

Start with your feet shoulder width apart. Hold onto both ends of the band as it passes under your feet. Slowly squat down to put slack on the band and then drive through your hips to stand back up. Focus on sitting back onto your heels and not allowing your knees to move forward past your toes.

**Importance:** Most of the power of your golf swing is created in your legs. Squats are an excellent way to strengthen your quads and glutes.

