

Dr. Kareem Samhouri

THE COMPLETE

# GOLF SHOULDER REHAB GUIDE



From *Bogie*  
to *Birdie* in  
6 short weeks

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## About the Author

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Hi! My name is Dr. Kareem Samhuri, and I've had the great privilege of reaching millions of people over the course of my career. A lot of people know me for being the very first Doctor of Physical Therapy teaching health online. In fact, the way I became known was through referral of everyone else's clients they couldn't help, albeit due to pain, an inflammatory condition, high blood pressure, too much medication, or some other disease state or condition that prevented them from exercising.

Each time, once we found the starting point for improving their health, we were able to get results. Today, we reach over 1.5 million people, have hundreds of thousands of online clients, and we are proud to admit that we are known for the best customer service in our industry. And that's because 'you' are important, your health is important, and your quality of life is important.

# Intro

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So, now you're done with your rehab program and you're ready to get back on the course... but you're worried about whether or not your shoulder is going to make it. Worry no more! The Complete Golf Shoulder Rehab Guide is designed to take the guess work out. This e-book will detail step by step instructions on exactly how to re-enter the game of golf, without risking injury. What's more? I'm even going to give you the secrets to a better golf game. I'm going to teach you exercises designed specifically for the game of golf that you can do anywhere. In fact, I'm even going to teach you how to help yourself evaluate your own muscle imbalances and take action to reverse them. This will help you prevent injury in the future, hit the ball further, and feel genuinely better. I hope you're excited to go on this journey, because I'm ecstatic to be teaching you! This is some of my favorite material, and I've seen amazing results in my clients thus far... I know you will too!

On that note: If you would please consider sending me an email and telling me about your experience as you go through this e-book, or after you finish, you'd really help me out a lot. Any testimonial through a personal story, like yours, really lends a hand in allowing others to experience the success you have. If you decide to help me out and send a testimonial, please send it to:

[support@createmyworkout.com](mailto:support@createmyworkout.com)

Now on to the good stuff...



Sign up for a tournament. Make it 6-8 weeks from now. This will give you a goal. It's very important to set a goal, write it down, and look at it every single day. You're even going to need to imagine yourself playing the best game of your life in a golf tournament 6-8 weeks from now. Imagine the course, imagine the weather, imagine the free flowing feeling of your previously injured shoulder...even imagine the look on the rest of your foursome's face as you outplay them by a stroke on every single hole of the entire course....twice!

## Mirror Evaluation – We Know you’re Good Looking, But How’s Your Posture?

This time, when your spouse asks why you spend so much time staring in the mirror at your new muscles, you’re going to have an excuse!

“Because Dr. K told me to, honey..”

It’s very important when starting back into the game of golf to be able to evaluate your own posture, even if it involves a friend looking at you from the side. You need to look at your “plum line,” which basically is a straight line down your body, starting at your ear. The following should be in line when looking from the side:

- Ear
- Shoulder
- Hip
- Knee (slightly forward to hip)
- Ankle (slightly behind knee)


If you find out that your posture isn’t that great, don’t worry! You’ve already taken a step in the right direction (no pun intended.) You might be asking yourself why I am so concerned with your posture. The answer is that posture dictates whether or not you have a “biomechanical advantage” in the game of golf. A “biomechanical advantage” simply means that your body is positioned to make your muscles as strong as possible with the least effort necessary. It’s like anatomy and physics, combined...fun, right?!


That’s why I’m just going to tell you which muscles need to be strong and/or flexible in order to automatically guarantee a biomechanical advantage in your golf swing. This way, you don’t have to try and figure out what’s better or worse.


In order to perform a proper mirror evaluation, you’ll need to strip down a bit; a bathing suit is best. Make sure that you are in front of a mirror that you can see all or most of your body (hip to head at a minimum.) Follow these steps to perform your mirror evaluation:





**Step 1:** Stand facing the mirror as normal as possible. If you normally do not try to stand up straight at all times you shouldn’t be now. A relaxed and comfortable posture is best.


 **Step 2:** Look at your head. Is it tilted in one direction or the other, even slightly? Can you side bend your ear towards your shoulder as far and easily on the right as you can on the left?

 **Step 3:** Look at the height of your shoulders. Is one higher than the other?

 **Step 4:** Look at your knees. Are your knees pointing in (“knock-knee”) or out (“bow-legged”)?

 **Step 5:** Turn to your side. Have someone tell you if your ear is over your shoulder. Is it in front?

 **Step 6:** Turn your head and look, are your shoulders rounded forward?

 **Step 7:** Where are your hips relative to your shoulders? Are they in line? How about your knee and ankle?

Now that you have taken a good look at your posture, I'd like you to make a list of the different abnormalities you found. Your list might look something like this:

1. Head tilted slightly left
2. More difficult to touch my right ear to my right shoulder by bending by head than on the left
3. Right shoulder lower than left
4. Knees – normal
5. My ear is in front of my shoulders
6. My shoulders are slightly rounded
7. My hips are a little bit behind my shoulders. My knees and ankles are pretty much right under my hips

Having a list is the first step towards fixing posture. This way, you can keep track since most changes are so gradual. Using the example from above, it would be important to do the following exercises to work through the restrictions. These stretches and exercises are located in the back of this book:

1. Stretch left scalenes, strengthen right scalene (to correct for left tilt)
2. Stretch upper left trapezius (to correct for difficulty side bending to the right)

3. Stretch right chest muscles (to correct for the lower right shoulder)
4. Knees – no stretch needed
5. Head retraction exercise (to correct for ears in front of shoulders)
6. Strengthen middle and lower trapezius, as well as posterior deltoid and rhomboids to correct for rounded shoulders
7. Hips – no stretch needed, because hips should have been in line, but my shoulders were forward, so it made them seem backwards. Knees, ankles – good position, no further action necessary.

Through this type of corrective exercise, tailored to your specific situation, you can begin the evolving posture of changing your posture permanently. The reason that this is so important following a shoulder injury is because of the muscle guarding that takes place during the time that you are injured. Normally, your upper trapezius muscle tries to do all of the work while your shoulder is injured, and this results in minor rotations, asymmetries, and imbalances over time. The good news is that it helps protect you during time of injury and is easily fixable if you have an eye for it.



## Muscle Balancing – What is it? How is it Going to Shave Strokes Off of My Game?

Muscle balancing refers to symmetry in your body. This includes symmetry side to side, front to back, and rotationally. In order for your muscles to be set up for success, there needs to exist a balance. This balance is created from both length and tension of muscles. Length of a muscle refers to the amount of functional flexibility, or mobility. Mobility is distinct from flexibility in that I might be able to stretch your leg more if you relax and I push (flexibility), but you may only be able to kick your leg so far up into the air (mobility.) Strength, on the other hand, only matters if your muscle is set up for success, not too short or long to be effective.



Muscle balancing is concerned with balancing length and strength so that you can have the greatest possible advantage when swinging a golf club. The mirror self examination helps pick up different imbalances that you might have, in order to give you an opportunity to correct these imbalances.

Generally speaking, you should be sure that you:

- Can stand up tall without it feeling effortful.
- Have close to even strength between your lats and chest.
- Have close to even strength between your quads and hamstrings.
- Have close to even strength between your biceps and triceps.
- Have ample mobility in your spine to allow other muscles a biomechanical advantage through the “winding up.”



## Driving Range or Golf Course? That is the Question

Advantage	Driving Range	Golf Course
Realistic practice scenario		✓
Controlled environment	✓	
Less stress to the shoulder	✓	
Whole body endurance		✓
Muscular endurance	✓	✓
No time constraints	✓	
Easily stay 'warmed up'		✓

## Medicus and Rehab – Is a Weighted Club Better? How Will I Know if I'm Ready?

Using a weighted club, like a Medicus, will provide much of the same benefit of weight training, but with an immediate functional outcome. Whether or not to use a weighted club should be based upon the same rules governing weight training. You should always make it your goal to have pain free movement with any exercise. In the case of a weighted club, any amount of discomfort is magnified because of the increased torque with such a long and heavy object.

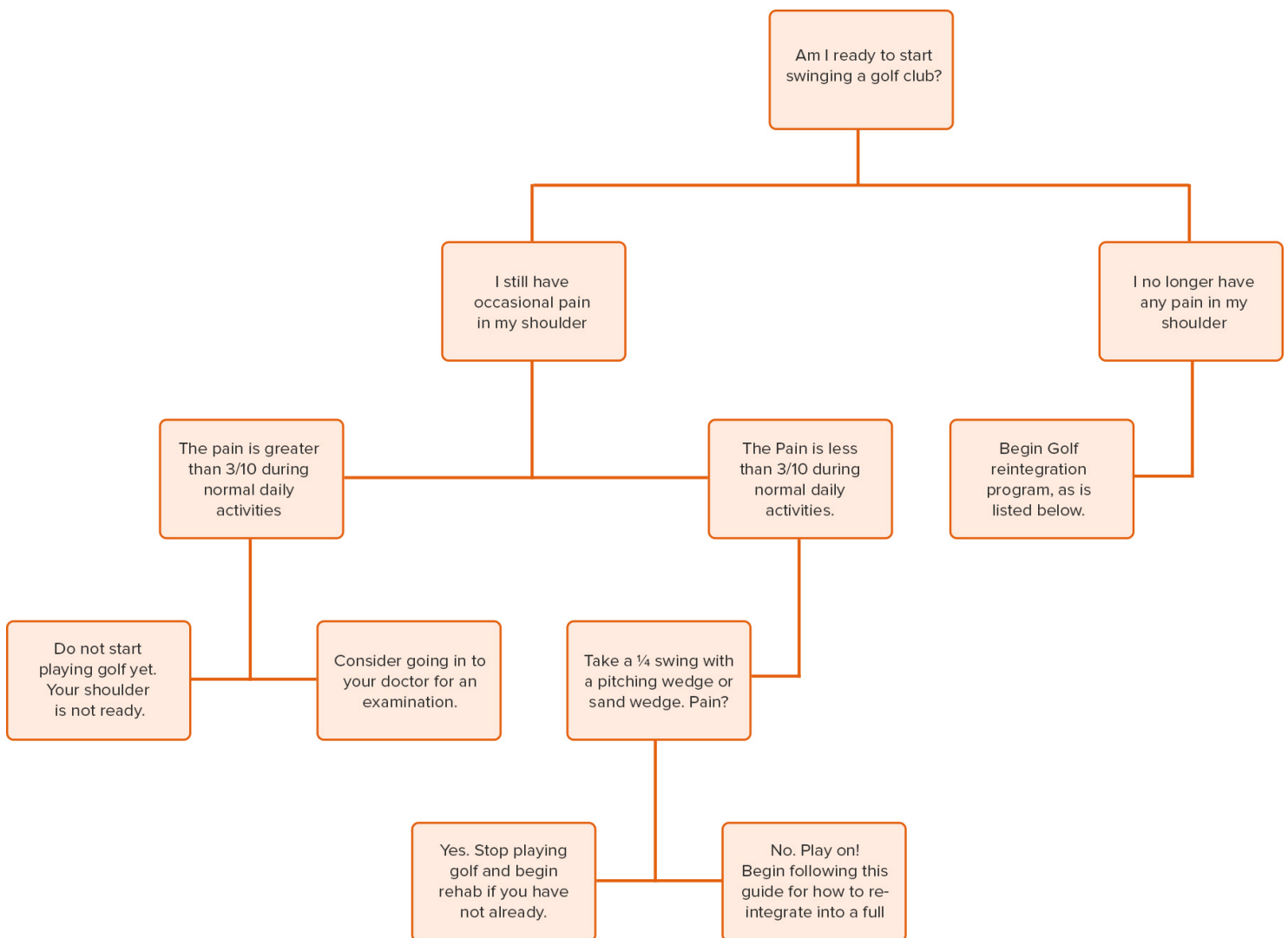
Posture is particularly important when swinging a Medicus club. Because of the extra weight, there is increased signaling to your nervous system to stimulate larger muscle contractions. If you swing identically over time you will develop habit. What better time is there to practice form then while your nervous system is adapting to new demands?

Swinging with the correct posture is also essential in the prevention of injury following shoulder rehab with a Medicus club. You should not be swinging a Medicus club, even a partial swing, until you have reached full strength with both your irons and your woods. Follow the swinging progression chart below to determine when your swing will be at 100%, and then consider adding in a Medicus club to the routine.



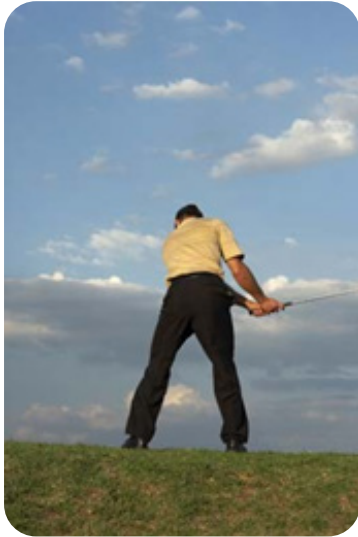
# Introducing the Golf Swing to Your Exercise Routine – How? When? How Much?

I'm sure that the whole reason that you bought this e-book is because you wanted to know how long it's going to take you to get back on the golf course, at full capacity. Well, as shown below, this will typically take 6 weeks of careful stretching and strengthening following rehab before you will be playing at full capacity. However, each person responds slightly differently to their rehabilitation, so I recommend that you follow the chart below to determine when the best time to integrate a golf swing into your exercise routine:

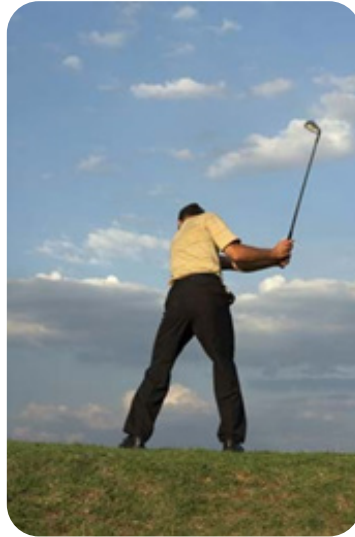


# Progressive Swinging Routine – Adjusting to Your “New” Shoulder

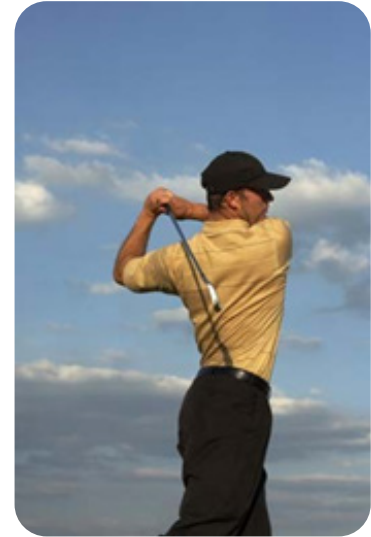
25% Swing



75% Swing



100% Swing



	Phase 1 (weeks 1-2)	Phase 2 (weeks 3-4)	Phase 3 (weeks 5-6)
% of swing allowed per club	Iron: High irons only <b>75% swing – 7 &amp; †</b>	Iron: All irons <b>75% swing - 3-6</b> <b>100% swing - 7 &amp; †</b>	Iron: All irons <b>100% swing</b>
	Wood: none at this time	Wood: <b>75% swing - 3 wood &amp; †</b>	<b>Wood: All woods 75% swing – Driver until 5 games are played pain-free</b>
		<b>No driver</b>	<b>100% - all other woods</b>

## Home Exercise Program – Can I Really Get Better at Golf by Working Out at Home?

Yes, every exercise you see here can be done at home, on the golf course, or anywhere else. It is a proven strategy to use therabands and body weight to support a fully functional and completely effective golf rehab program. Tons of my clients have already benefited... now it's your turn

In the chart below, each day has 4 categories.

1. When given an exercise in the strength category, the intention is to use heavier resistance (slower speed when bodyweight), a smaller number of repetitions (i.e. decreased time or 10 reps), and a focus on greater rest between sets.
2. When given an exercise in the endurance category, the intention is to use a lighter resistance (faster speed when bodyweight), a larger number of repetitions (i.e. increased time or 15 reps), and a focus on less rest between exercises and sets.
3. When given an exercise in the flexibility category, hold for 30 seconds and repeat 3x.
4. When given an exercise in the golf category, see table above for swing percentage and club suggestions.

	Phase 1 (weeks 1-2)	Phase 2 (weeks 3-4)	Phase 3 (weeks 5-6)
<b>Day 1: Strength</b>	Plank Walking Lunges with Swiss Ball TB Chop/Reverse Chop	Plank Walking Lunges with Swiss Ball Ball TB Chop/Reverse Chop	Push Up Progression SS TB Lift/Reverse Lift
<b>Day 1: Endurance</b>	20 minutes elliptical Push Up Progression SS TB Lift/Reverse Lift	20 minutes elliptical Push Up Progression SS TB Lift/Reverse Lift	20 minutes elliptical Plank Walking Lunges with Swiss Ball TB Chop/Reverse Chop
<b>Day 1: Flexibility</b>	Pec Major Pec Minor	Pec Major Pec Minor	Pec Major Pec Minor
<b>Day 1: Golf</b> (follow % of swing and which club to use from table above)	FF BDisc Swing 2 BDisc Swing	FF BDisc Swing 2 BDisc Swing	FF BDisc Swing 2 BDisc Swing
<b>Day 2: Strength</b>	Bosu/ BD Squats (Bosu) SLB	Bosu/ BD Squats (Bosu) SLB	Bosu/BD Moving Planks Bosu/ Bench Stability Push ups Forearm Bosu/BD Stability Switches
<b>Day 2: Endurance</b>	20 minutes treadmill fast-paced walking Bosu/BD Moving Planks Bosu/Bench Stability Push ups Forearm Bosu/BD Stability Switches	20 minutes treadmill fast-paced walking Bosu/BD Moving Planks Bosu/Bench Stability Push ups Forearm Bosu/BD Stability Switches	20 minutes treadmill fast-paced walking Bosu/BD Squats Bosu SLB
<b>Day 2: Flexibility</b>	Upper Trap Scalenes	Upper Trap Scalenes	Upper Trap Scalenes
<b>Day 2: Golf</b> (follow % of swing and which club to use from table above)	Single Disc Narrow Base of Support Visual Tracking Narrow Base of Support	Single Disc Narrow Base of Support Visual Tracking Narrow Base of Support	Single Disc Narrow Base of Support Visual Tracking Narrow Base of Support

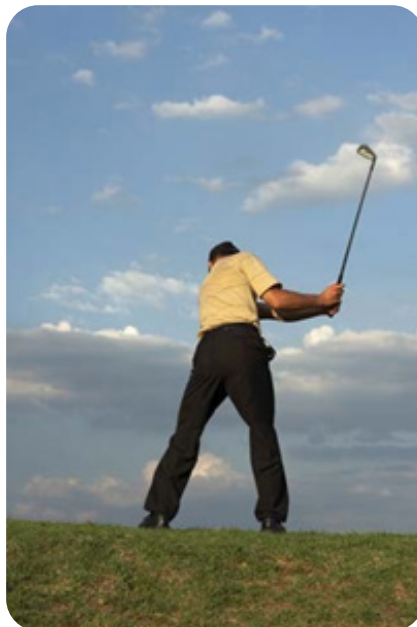
## Shoot for Bogie, Not Par – The First Day Back on the Golf Course

I'm glad that you're finally feeling better and ready to play. It's time to learn to trust your shoulder again, and the best way is to ease into golf. Not only is it important for your shoulder, but it's also important for your game. You see, by playing a game in "slow motion" you can actually re-train your nervous system to its previous movement patterns and never lose a beat. This doesn't mean that you can't take any shots at full speed, but you should keep them to a minimum.

Do not bother aiming for your best game. Instead, try to feel the muscles in your back and abdomen really begin winding you up on the backswing and uncoiling you as you approach the golf ball. Spend a bit of extra time lining up your posture for success.

For this game, I only want you to swing the club at 75% maximum on any given shot. In order to clarify:

1. Slow motion is better on the first game
2. Full speed is acceptable on some shots, but keep them to a minimum (only 75% of a full swing though)
3. 75% of any normal swinging arc permitted, no more



Before you play, it is imperative that you warm up. Your shoulder has only been exercising after a proper warm up for a couple of months now, so eliminating warm up could be disastrous.



You should spend at least 5-7 minutes on a brisk walk before you tee off on the first hole. Instead of just swinging the club the whole time, it's much better if you take the time to break a sweat.

Also, depending on where you are playing and how busy, don't forget your lift/reverse lift exercise with a theraband. This is a great way to pre-position your posture and set you up for success and shoulder protection with every swing.



## Tournament Day – Am I Ready? What Else Can I Do to Support My Shoulder and Prevent Re-injury?

Don't worry. You've done everything that you needed to do in order to prepare yourself for this moment. Remember how smooth you've been able to swing the club when not trying to kill the ball this whole time. You've now trained your nervous system to remember this movement pattern. Change nothing! You have all the tools you need to play like before you were injured, or, hopefully, even better. Now relax, and enjoy a competitive game of golf!

What else can you do in order to be extra cautious?

**For starters, think about your pain scale.** If you have pain that is greater than 3 out of 10 during any point in your golf game, be sure to ice for 5-7 minutes after 9 holes or at your earliest convenience. Regardless, this is the most golf that your shoulder has experienced in quite some time, so it would be wise to ice after you play today.

**Eat snacks and drink plenty of water.** It's very important to decrease unnecessary stressors in the environment to assist in having fewer distractions during play. Within the first couple of games you play, you'll move right back into your old habits, customs, and level of comfort.

However, it does take a few games, so try to emphasize taking care of all the little 'extras' before you get on the course.

**Do you have your theraband?** After you've warmed up for your 5-7 minutes of fast-paced walking around the course or parking lot, it's time to warm up the specific tissues you've been working so hard on fixing. Pull out your theraband and do one set of lift/reverse lift. If you are struggling for position try it on your uninjured side first...it's an open book test!

Now you have every muscle active that needs to be, your posture is set, you are warm, and you're going to **go out and play a great game!** Good luck!



# Exercise Program:

## Strengthening:

### Plank

Place forearms and elbows onto balance discs, with elbows directly under your shoulders, and palms facing up.

Assume push-up like position, with your feet on the ground, and the rest of your body braced into position. (Hint: It helps to have light tension in your abs and glutes in order to maintain a straight back... no mountains or valleys here!)

Hold for 45 seconds.

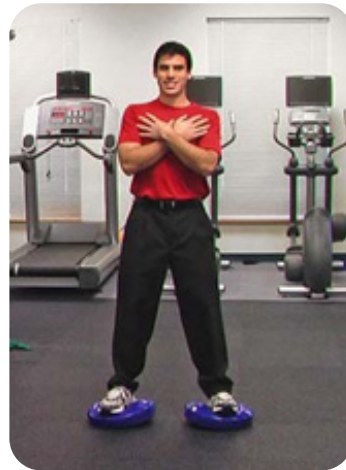


## Bosu Squats (Alternate = Balance discs)

Carefully stand up onto upside-down Bosu Ball (you will need a spotter until you have mastered this.)



(Alternate)



(Alternate)



Once you have gained your balance, begin squatting down and back into your heels. The goal is to make sure that the Bosu ball does not tip too far forward or backward. (Hint: It is more difficult to prevent your knees from going over your toes than a standard squat. Therefore, only squat as far as you can control the position of your knees.)

Squeeze your glutes and stand up slowly. (Hint: Try not to balance from your legs. Instead, relax and let your core take over. By the way, it's normal to have to do this exercise a few times before you're able to squat. Always have a spotter when doing a new exercise, especially one like this that requires balance.)

## Push up Progression – Super Set

Assume push up position, with hands directly underneath shoulders and body diagonally positioned to the ground. From this position, drop your knees down, such that you stay diagonal with your knees resting. When doing your push ups, be sure to only go for as long as your core can maintain this diagonal position. As soon as your back arches, STOP.

Alternate 1 push up at a time with the following 3 positions:

**Diamond Push Up** – hands close together and directly under the middle of your chest, forming a diamond between your two index fingers and thumbs. Guide yourself down slowly until you are about 2 inches from the ground and then push up and return to the starting position.



**Shoulder-width** – with hands shoulder width apart on the ground, directly underneath your shoulders, and body in diagonal position, guide yourself slowly towards the ground by bending your elbows until you are 2 inches from the floor. Push up through your arms, keeping your elbows as close to your body as possible and return to the starting position.



**Butterfly Push Up** – spread your arms out as wide as you can comfortably go. With elbows pointing directly out to your sides and body in diagonal position, guide yourself slowly towards the floor until you are 2 inches away. Push through your arms, using your chest muscles to rise back up to the starting position.



Repeat 1, 1, and 1 until fatigue or for desired number of repetitions.

## Bosu Moving Planks (Alternate = Balance Disc Moving Planks)

Place Bosu ball blue-side up. Assume plank position on Bosu, focusing on having your elbows directly underneath your shoulders.



(Alternate)



Maintaining an even position at your pelvis, shift your weight to one arm, and straighten the other so that you are now resting on your hand.



(Alternate)



Shift your weight in the opposite direction and straighten your other arm. You should now be resting on both hands, directly underneath your shoulders, with your body in a diagonal position to the ground.

(Alternate)



Slowly return one arm at a time to the starting position, focusing on going as SLOW as possible.

(Alternate)



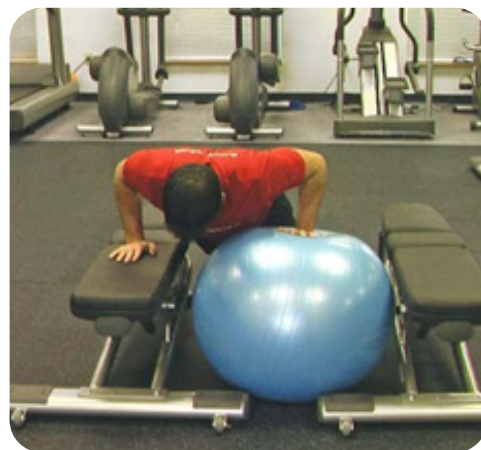


## Bosu/Dyna Stability Push ups (Alternate = Bench/Ball Stability Push ups)

Place the Bosu ball upside down with a balance disc on each side, approximately 8 inches out on both sides.

Start with right hand on balance disc and left hand on Bosu ball. Do push up.

(Alternate)



Move right hand onto Bosu ball. Do another push up.

(Alternate)



Move left hand onto balance disc. Do another push up.

(Alternate)



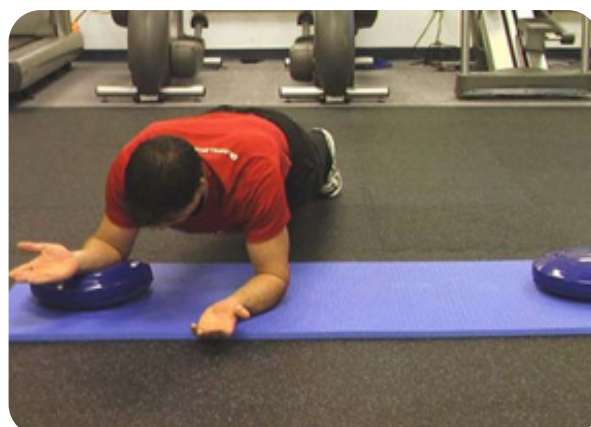
Repeat in reverse for desired number of repetitions or until fatigue.

## Forearm Bosu/Dyna Stability Switches (Alternate = Balance Disc/Mat Stability Switches)

Place the Bosu ball right side up with a balance disc on each side, approximately 8 inches out on both sides.

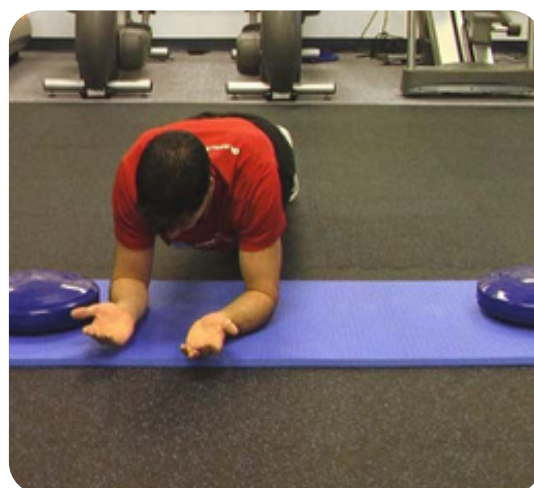
Start with right forearm on balance disc and left forearm on Bosu Ball.

(Alternate)



Move right forearm onto Bosu ball.

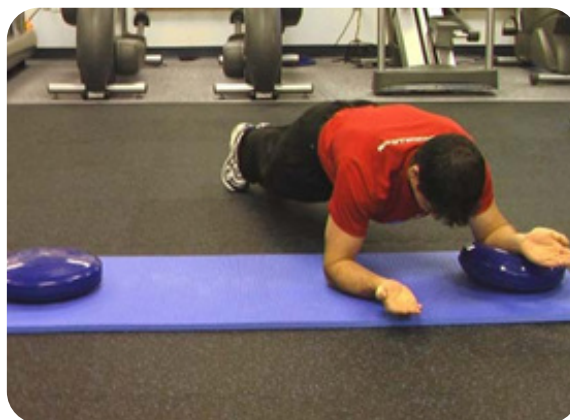
(Alternate)



Move left forearm onto balance disc.



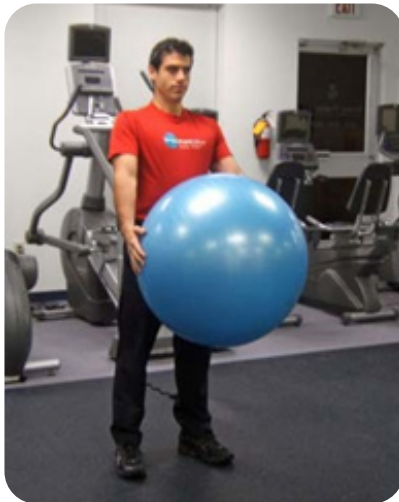
(Alternate)



Repeat in reverse for desired number of repetitions or until fatigue.

## Walking Lunge with Swiss Ball

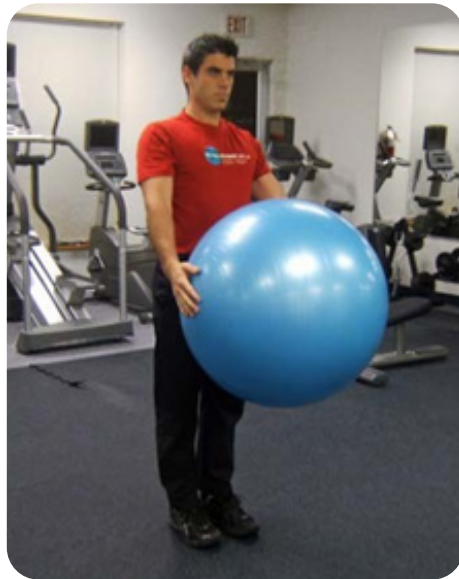
Stand tall, feet shoulder width apart.



Take a large step forward with your right leg, and slowly bend your left leg towards the ground, so that your left knee is approaching the ground.



Push through your right glute (buttock) to stand up while bringing your left leg forward.



Repeat with other leg forward.



Perform desired number of repetitions.

## Bosu Single Leg Bridge (Alternate = Single leg Bridge)

Lay your upper back, neck and shoulders on the Bosu ball, blue side up. Place your feet flat on the ground and bridge up so that you have a 90 degree angle at your knees.



Lift one foot off of the ground and straighten the same knee so that you now are balancing off of your shoulders, head, neck, and one foot. Be very careful not to tip your pelvis. The purpose of this exercise is to maintain a stable pelvis from this position.



Hold for 5 seconds and return your foot to the starting position.

Repeat with opposite leg. This equals 1 repetition. Perform desired number of repetitions or until fatigue.

## T Band Chop/Reverse Chop

Tie theraband above you so that you can reach up towards one of your shoulders and have a diagonal pull on the band.



Grab the band with both hands, elbows as straight as possible, and pull the theraband down and across your body towards your opposite hip.



Slowly unwind towards starting position, focusing on keeping your elbows close to your body. This should look similar to a golf swing.



## T Band Lift/Reverse Lift

Tie theraband below you so that you can reach down towards one of your hips and have a diagonal pull on the band.



Grab the band with both hands, elbows as straight as possible, and pull the theraband up and across your body towards your opposite shoulder.



Slowly unwind towards your starting position, focusing on keeping your elbows close to your body. This should look similar to the backswing in golf.

# Exercise Program:

## Flexibility:

### Pec Major Stretch

Stand next to wall with a right angle at your left armpit and elbow.



Place your left forearm on the wall and slowly turn to your right and squeeze your shoulder blades together.



Retract your neck back as if to give yourself a double chin.

Hold this position for 30 seconds and repeat for desired repetitions on both sides.

## Pec Minor Stretch

Stand next to wall and reach your hand diagonally in the air until your elbow is straight and your hand is in contact with the wall.



Slowly turn away from your arm until you feel a stretch in the top of your chest. Hold 30 seconds and repeat for desired number of repetitions.



## Upper Trap Stretch

Sit down into a chair and grab seat with right hand.

Now side bend your neck to the left (so that your left ear is approaching your left shoulder) and use your left hand to add gentle pressure to the right side of your head, adding a light stretch from your neck down to your shoulder.



Hold 30 seconds and then repeat on the opposite side. Repeat for desired number of repetitions.

## Scalenes Stretch

Side bend your head to the left (so that your left ear is approaching your left shoulder) and add gentle pressure over the right side of your head.



Hold 30 seconds and repeat on the other side. Repeat for desired number of repetitions.

# Exercise Program:

## Bonus Stretch:

### “Z” Sit

Sit with left foot in (left knee out) and right foot out (right knee in).



Reach your right buttock toward the ground by leaning back towards that side. Hold 30 seconds.

Repeat on opposite side.

# Exercise Program:

## Golf Specific Exercises:

### Front Foot Balance Disc Swing

Assume normal pre-swing position with your golf club in your hands. Now, lift up your front foot and place a balance disc underneath. Be sure that your heels are still in line with one another.

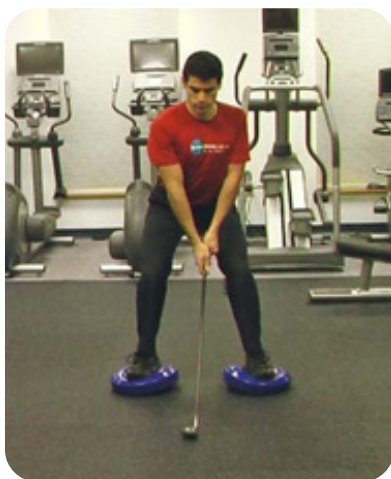


This will force you to place the majority of your weight on your back foot and teach you to swing on uneven surfaces. For example, this is a particularly good exercise to do before playing in the bunker or on a hill, as the uneven surface has a direct impact on position and demand from your shoulder.

Now take a slow and steady golf swing. Repeat for desired number of repetitions.

## 2 Balance Disc Swing

Assume normal pre-swing position and then place balance discs centered, directly under your feet. Be sure that your heels are in line with one another and that the balance discs are evenly inflated.



This will force you to identify your center of mass. If you are depending too heavily on one side of your body or the other, the balance discs will naturally throw you off balance. Be sure not to lean forward or backward, or side to side.

As you swing the club, you should feel your weight shift side to side without drifting in front or behind. Be sure to swing the club slowly in order properly feel the weight shift with this exercise.

Repeat for desired number of repetitions.



## Single Disc, Narrow Base of Support Swing

This exercise is intended to reinforce the foundation of your golf swing from your front arm (i.e. left arm in right handed people.) By placing you in this position, with feet close together on an unbalanced surface, any overcompensation from your back arm will throw you off balance.

Many times, following injury, people form abnormal movement patterns in an effort to protect an injury. Well, in this case, it could throw off your entire golf swing if either:

- a) You hurt your right shoulder and now the muscles won't turn off – they are always tense (back arm)
- b) You hurt your left shoulder and your brain is trying to protect you by swinging primarily from the right arm (back arm). No wonder you can't seem to get your swing back!

Place a balance disc in front of you, with an iron in hand. Stand directly on the balance disc so that your feet are touching.

Assume golf stance, and prepare to swing the golf club. (Hint: You may want to take a couple of practice swings with your front arm only to learn how to control the movement in this position.)



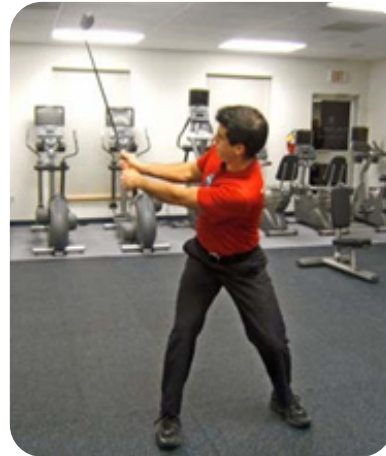
Swing the golf club using your front arm to guide your back arm through the entire stroke. If done slowly and smoothly, you should be able to do this without losing your balance.

## Visual Tracking with Narrow Base of Support

Visual tracking to enhance position sense is one of the most powerful ways to create a systematic golf swing. A systematic golf swing is a swing that is predictable and reproducible, no matter what the circumstance. Every one of our joints has 'proprioceptors,' which are 'position sensors.' When you close your eyes, stick your arm out and wiggle your fingers, the position sensors in your fingers send a message to your brain to tell it that you're moving and where you are moving. Following injury, these position sensors get wiped out and need to be rebuilt. One of the best tricks to facilitate a faster recovery with less chance of re-injury is by using visual tracking to assist your nervous system in recovery.

Assume golf stance, but with feet close together, touching one another.

Slowly watch the club as you swing. The most important thing is that your eyes track the head of your club throughout the entire motion



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