



Oscillating Technique For Isometric Stabilization



Purpose:

This exercise improves hip and pelvic rotational stability.

Benefit:

This exercise improves stability of your lower body in the golf swing.

Instructions:

Place the middle of the tubing at a waist high point of attachment. Grab the handles and balance on one foot. Keep Arms straight and pull tubing in short, brisk movements of 4 to 6 inch oscillations while keeping the leg that you are balancing on slightly bent. Maintain a long and tall posture. To add assistance, stand on a step or soft surface with opposite foot but keep most of your weight on injured side, this will add some stability. To modify exercise further, add a heel lift or toe lift. For more resistance, slide further away from the point of attachment. Before starting your exercise, please make sure the point of attachment for the tubing is secure.

Quantity:

Do _____ reps _____ sets on _____ side(s).

