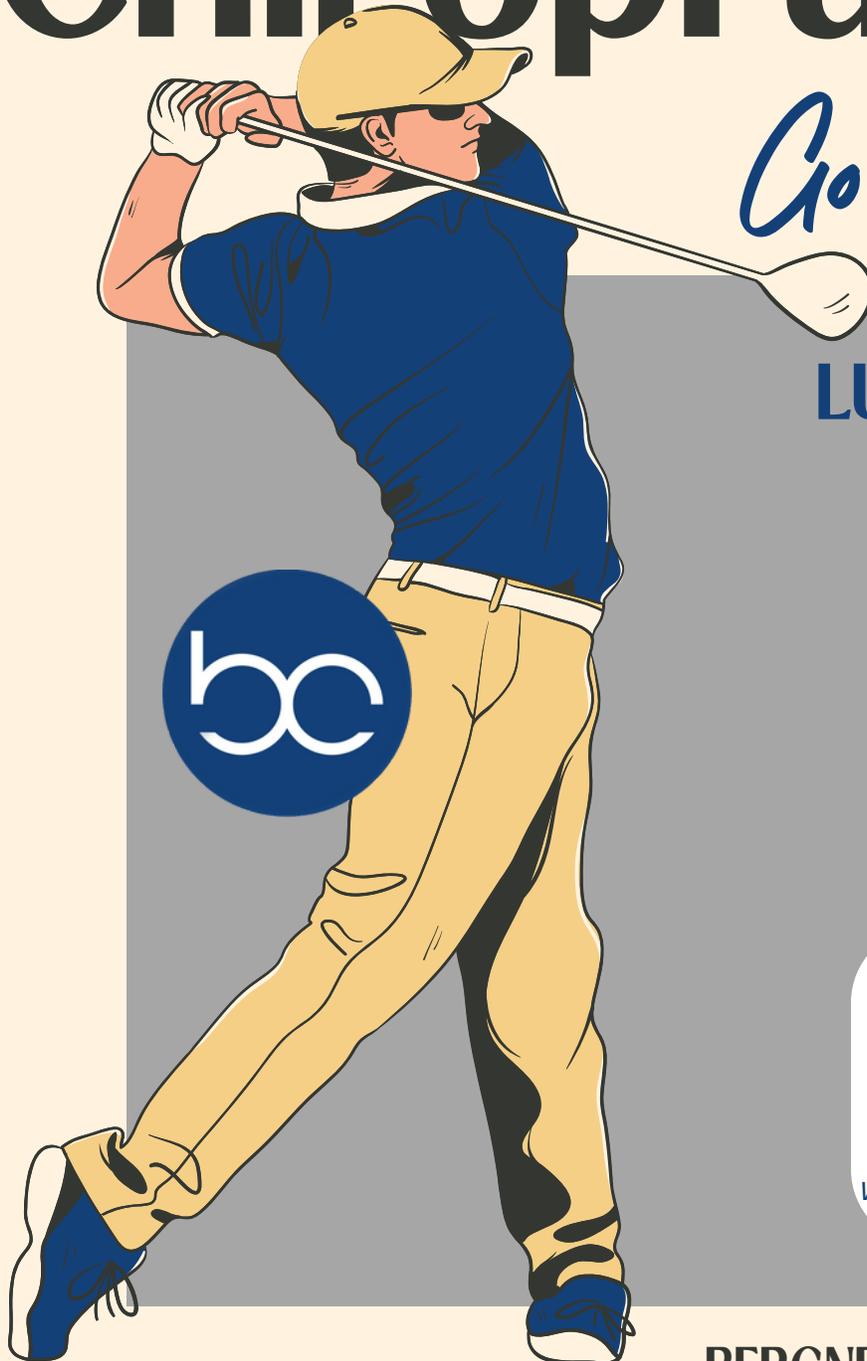


Bergner Chiropractic

Golf Guide



Written By

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DC**

Movement
Specialist

Admission

FREE

**MORE
DISTANCE**

off the TEE
without buying new clubs

Free Golf Mobility Assessment:
[Click here to apply.](#)

BERGNER CHIROPRACTIC

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WARM UP

If you're anything like most of the golfers we see in our office, your warmup consists of walking from the car to the tee box.

For you to hit further off the tee, you MUST warm up. When your core body temperature rises even 1 degree, it allows for your muscles to have greater elasticity. This means that you will be able to rotate deeper into your backswing and have more power on the finish.

So, what should you do?

For our golfers we recommend a **5-minute warm-up** without the clubs. This is how long it takes for your core body temperature to rise, and it gives us the perfect catch-all routine that will not only add distance off the tee, but onto the years of your quality of life.

- 1.NECK CARS
- 2.SHOULDER CARS
- 3.HIP CARS
- 4.ISO TORSO ROTATIONS
- 5.ISO PELVIC ROCKS

See our video **[HERE](#)** if you want an instructional video.

WARM UP

OKAY BUT WHAT ARE THE 3 MOST IMPORTANT EXERCISES IF I SHOW UP LATE FOR MY TEE TIME?

Here are our **3 non-negotiable movements** that will give you the best chance at driving the ball further off the tee.

- 1.ISO TORSO ROTATIONS
- 2.HIP CARS
- 3.SHOULDER CARS

Are you unsure if you're feeling these exercises in the right places? **Here is a video guide!**

Click [HERE](#) to make sure you're getting the most out of this warmup. Check out exercises 2, 3, and 4 on this video.



FUNDAMENTALS

Many swing problems come from basic problems in the setup, that turn into major problems during the swing. For example, your grip can directly affect your club face angle. If your club face angle is too closed, you might end up pulling your body to the left of your target.

Another important fundamental to consider when working on your swing is your body. It is imperative to understand your body's weaknesses if you're trying to fix a problem in your swing.

Do you sway in your backswing? One possibility is that you may be lacking hip mobility.

You can go to the range all day to work on your swing fault, but the sway won't go away until you fix the limitation.

Do you struggle with golf fundamentals? Make sure to find a golf professional that can assess your swing and provide personal recommendations that can improve your swing.

Do you have the basics down, but still struggle to hit the ball further off the tee? It is likely that you have a physical body limitation that prevents you from swinging freely.

If this sounds like you, click [**HERE**](#) to fill out a form to qualify for a full body golf assessment so that we can determine your body's limitations.

Swing Principles

There are 4 ways to help build a solid foundation in your swing.

First, consult with a golf professional. A golf professional can help teach you the fundamentals, analyze your swing, and make custom recommendations to help fix your swing.

If a golf professional identifies a physical limitation that may be impacting your swing, they will suggest you address these issues.

Second, focus on flexibility. Focusing on flexibility is particularly important for golfers 55+ as it helps you maintain full range of motion in your swing. By maintaining a full range of motion you're more likely to be able to get into your backswing without limitation.

If you're someone that feels “tight” and you've tried stretching but still feel stiff, it's likely that you need more guidance by a professional.

Third, is to maintain your mobility. Mobility is essential for golfers because it allows you to control your range of motion, which is important for a proper swing.

If you're a golfer with limited mobility you're going to struggle to make a full backswing, which will limit your power, swing speed, and accuracy.

Swing Principles

Fourth, practice your swing regularly. Once you correct the mobility deficiencies it is very important to practice your swing faults.

Regular practice is essential to improving your golf game, and hitting the ball further is no exception. Set aside time each week to practice your grip, posture, and overall swing.

Do you feel frustrated after a golf lesson because you have a physical limitation getting into your back or down swing?

Click **[HERE](#)** to get connected with our clinician to schedule a complementary movement assessment!



Gain Yards and Years

Incorporate mobility into your lifestyle! As we age, it's natural that our bodies tend to become more stiff. Mobility will help with flexibility, and we recommend prioritizing your back, hips, and shoulders to maintain longevity of these joints.

Incorporating mobility will not only protect your joints to keep you in the game for longer without injury, but it will also translate to life off the course.

By implementing these simple exercises into your weekly routine, you will notice it will be easier to put on your socks, you can pick up your Amazon boxes with more ease and get on the floor to play with your grandchildren with more enthusiasm.

Here are our top 3 exercises we recommend working on outside of golf to improve your golf performance and your quality of life.

1.90/90 SHIN BOX

2.ISO THORACIC ROTATIONS

3.PRI HIP IR DRILL

Click [here](#) to watch a video of the exercises above.

Are you struggling to get into these positions? Click [HERE](#) to connect with Dr. Luke Bergner.

Unlocking Your Backswing

Work on Your Body Rotation: To create more power, you need good body rotation during your swing.

Most of the golfers that we see in our office have the greatest deficiencies in their rotation.

So many of our golfers spent their whole life working their tails off to be able to enjoy retirement. They went and made their money and now they can't even enjoy the thing they worked so hard for all those years.

Do you struggle to get into your backswing? It could be from a lack of rotation in your hips, shoulders, neck, torso, or ankles.

Here is a video with three rotation drills you can do to help you get deeper into your backswing and have more power on the finish:

1. BANDED THORACIC ROTATIONS
2. ROTATION SWING DRILL
3. KICKSTAND AIRPLANE

Do you feel pain in any of these positions? You shouldn't. Click **HERE** before it starts affecting your handicap.

Using Your Lower Body

Do you have trouble turning into your trail hip?

By using your lower body, you can create more power, accuracy, and consistency in your golf swing.

Overall, using your lower body effectively will help you hit the ball further and greatly reduce your chances of injury and strain.

Most of the golfers that come into our office have the biggest limitations in their hip mobility, specifically hip internal rotation.

Essentially, if you can't rotate into your trail hip in your backswing you are already a step behind in using your lower body to your advantage.

Failing to use your lower body can lead to an overuse of the upper body creating an over the top on the downswing. This swing fault can lead to decreased distance off the tee.

Learning to use your lower body more effectively will allow you to hit the ball further and decrease your chances of injury.

Click [**HERE**](#) to schedule a specific golf mobility assessment with our clinicians to figure out WHY you are losing distance off the tee!

Customized Care

There is no denying that we just gave you the most valuable information for a world-class golf warm-up.

We know that this information is going to give 70% of you everything that you need to drive the ball further off the tee.

However, we know that there will be 30% of you that will need more than this to see a positive change in your game.

Click [here](#) if you think you're in the 30% category and want Dr. Bergner to reach out to you.

YOU MAY NEED GUIDANCE IF:

You have tightness or pain after playing a round of golf.

You have pain that prevents you from playing with your buddies.

You are losing distance off the tee.

You had pain in any of the movements advised above.

You aren't seeing any progress from the movements above.

You don't feel anything in the movements above.

You want a better quality of life and want to get on the floor with your grandkids without worrying about getting back up.

You feel frustrated that your golf lessons aren't going the way you want.

Click [here](#) to inquire about working with us so that you can gain more distance off the tee.