

Group23 Sports Medicine Clinic

GOLF EXERCISE HANDBOOK



GROUP23

SPORTS MEDICINE

Markin MacPhail Center at WinSport (COP)
#130 - 147 Canada Olympic Road SW, Calgary AB, T3B 6B7



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Who We Are

At group23, we specialize in sports and exercise-related musculoskeletal injuries, helping athletes and active individuals recover more quickly and move better.

Our CASEM-certified sports medicine specialists and physiotherapists have experience working with elite teams like the Calgary Flames and Stampeders, bringing world-class expertise to every patient.

Group23 Services

- ✓ Sports Medicine
- ✓ Physiotherapy
- ✓ Sports Massage Therapy
- ✓ Orthopaedic Surgery

Group23 Programs

- ✓ Accelerated Access Sports Injury Clinic (AASIC)
- ✓ Regenerative Clinic
- ✓ Hand and Wrist Therapy clinic
- ✓ Personalized Blood Flow Restriction
- ✓ Titleist Performance Institute Golf
- ✓ Assessment and Treatment

Visit us at the Markin MacPhail Centre at Canada Olympic Park.
Learn more at www.group23.ca, or call (403) 284-4040 to book an appointment.



Rotator cuff press & ankle circles

01 Shoulder-Ankle A

- Press palms together
- Rotate right ankle clockwise 5x
- Press palms together
- Rotate right ankle counter-clockwise 5x



02 Shoulder-Ankle B

- Press back of hands together
- Rotate left ankle clockwise 5x
- Press back of hands together
- Rotate left ankle counter-clockwise 5x



Hip and trunk rotations

03 Hip rotations

- Club on shoulders
- Rotate hips through backswing and downswing 5x



04 Trunk rotations

- Arms crossed over chest
- Rotate trunk left and right 5x



Arm circles - shoulder blade squeeze



05 Arm circles & shoulder blade squeeze

- Palms facing up
- Arm circles forwards: 3 small, 3 medium, 3 large
- Arm circles backwards: 3 small, 3 medium, 3 large
- Squeeze shoulder blades together when arms move back



Glute max activation & back of forearm stretch

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Glute max activation & back of forearm stretch

- Stand on left leg, squeeze left glute
- Stretch right forearm with palm facing down x 5 seconds
- Stand on right leg, squeeze right glute
- Stretch left forearm with palm facing down x 5 seconds
- Repeat





Outer glute activation & front of forearm stretch

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Outer glute activation & front of forearm stretch

- Feet planted
- Slightly rotate thighs and knees outward to engage outer glutes.
- Hold this contraction and stretch right forearm with palm facing up x 5 seconds
- Stretch left forearm with palm facing up x 5 seconds
- Repeat





Balance & forearm activation

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Balance & forearm activation

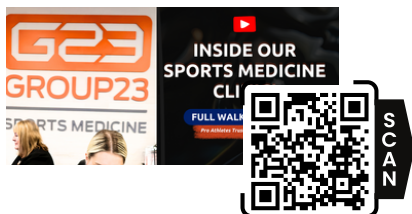
- Stand with feet heel-to-toe
- Right foot back
- Twist club back and forth in right arm 5 x
- Left foot back
- Twist club back and forth in left arm 5x



Visit Us Today and Enjoy a World-Class Facility!

Group 23 is in the iconic Markin MacPhail Centre at Canada Olympic Park. What sets us apart is our collaborative, patient-centric approach to care that prioritizes non-surgical options whenever possible. Scan the QR codes below to learn more!

Additional Resources



Watch Golf Exercise Tutorials

Watch the complete golf workout routine online to enhance your performance this season. Like and subscribe for more educational content.



Learn More About Our Services

Learn more about our programs and services, and get vital information to assist in your recovery through our patient resources and blog posts.



Book an AASIC Appointment

Have you recently been injured? See a Sports Medicine Specialist and Physiotherapist soon; services are covered by Alberta Health.



Follow us on Social Media

Stay updated with educational posts and useful clinic updates. Keep track of our programs and services online.
