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G O L F F I T N E S S

Lower Back Pain Warm-Up

The purpose of this warm-up is to activate muscles that support the lower back, and mobilise areas that can create pressure in the lower back when they are tight.

For optimal results, perform this routine first and then the Pre-Round Warm-Up immediately before you play or practice.

[Click here to watch the follow-along routine.](#)

	Exercise	Reps/Time	Notes
1	Dynamic Hip Flexor Stretch	5 each side with 5-second hold	Keeping chest tall, tuck pelvis to find stretch at front of hip
2	Pelvic Tilts	10 with 2-second hold	Tuck pelvis to flatten lower back into floor
3	Thread The Needle	5 each side	Rotate through upper back, keep hips stable
4	Knee Drops	5 each side	Keep upper body stable, rotate from hip
5	Lumbar Rolls	10 each side	Brace the abs, slow and controlled movement, knees should NOT hit the floor.
6	Glute Bridge w/ Hold	5 each side with 5-second hold	Brace abs, squeeze glutes, don't let hips drop or twist