



## Closed Chain Dorsiflexion

### Purpose:

This exercise teaches you how to stabilize your trunk while moving your leg.

### Benefit:

This exercise teaches skills needed for independent movement of the lower body in the golf swing.

### Instructions:

Place both handles at a knee height point of attachment. Stand perpendicular to the attachment. Wrap the middle of the tubing around the outside of the knee. Place that foot on a step and lean forward while keeping the knee from collapsing by taking it wide over the outer half of the foot, pushing out against the tubing. 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).

