



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.

Group23 Services & programs

- ✓ Sports Medicine
- ✓ Physiotherapy
- ✓ Sports Massage Therapy
- ✓ Orthopaedic Surgery
- ✓ Accelerated Access Sports Injury Clinic (AASIC)
- ✓ Regenerative & Injection Clinic
- ✓ Hand and Wrist Therapy clinic
- ✓ Personalized Blood Flow Restriction
- ✓ Titleist Performance Institute Golf Assessment and Treatment

GET IN TOUCH AND RISE ABOVE!

We are excited to connect with you and support you on your journey. To learn more about Group23, scan the QR codes below or reach out to us using the contact information provided.



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



(403) 284-4040



GOLF EXERCISE HANDBOOK

**Physiotherapy Backed Exercises
to help you get game ready!**

Watch Golf Exercise Tutorials

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



SCAN

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.



SCAN

Book an AASIC Appointment

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



SCAN

Follow us on Social Media

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



SCAN



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

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



03



Hip and trunk rotations

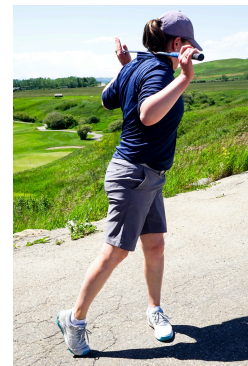
04 Hip rotations

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



05 Trunk rotations

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



Arm circles - shoulder blade squeeze

06

- 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



G23

GROUP23
SPORTS MEDICINE

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 and repeat

07



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.

08

