

# GOLFERS ELBOW STRETCHES

This condition, which often happens to golfers, occurs from repetitive stress or strain to the elbow region where the tendons attach to the bones (generally on the inside of the elbow when the palm faces forward). People who develop this problem often neglect to do forearm stretches. Doing it will reduce the incidence of this injury, and ice can treat it if it has swollen from overuse. Neck nerve irritation is also one of the causes of forearm muscle dysfunction. Remember, corticosteroid injection may initially reduce swelling, but it weakens the building blocks (collagen) of the muscle in the long run, which makes you more prone to recurrences.

## *The “Super Six Rules” to Stretching Successfully:*

- 1 • Warm up (Walk on the spot for 1 to 5 minutes) 2 • Hold each stretch one repetition for 30 seconds 3 • Do not bounce ( Hold in Comfortable position)  
4 • Be Gentle (No Pain) 5 • Breathe Deeply 6 • Stretch both sides equally



Side of Neck Stretch



Back of Neck Stretch



Front of Neck Stretch



Back of Shoulder Stretch



Shoulder/Rotator Cuff Stretch



Chest Stretch



Tricep Stretch



Wrist Extension Stretch



Wrist Flexion Stretch



Wrist Flexion Stretch



Wrist Extension Stretch



Open Hand Stretch

Closed Hand Stretch

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