

STRETCHING FOR GOLF

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



Back of Neck Stretch



Back of Shoulder Stretch



Tricep Stretch



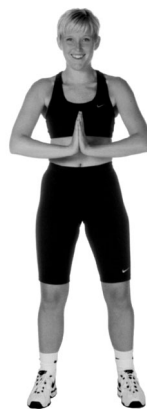
Shoulder/Rotator Cuff Stretch



Wrist Extension Stretch



Wrist Flexion Stretch



Wrist Extension Stretch



Wrist Flexion Stretch

Most Common Injuries: Low back strain/sprain; herniated disk; shoulder strain; elbow sprain. Golfers elbow is a strain at the wrist flexor muscles as they attach to the bone at the elbow.



Chest Stretch



Middle Chest Stretch



Top/Front of Shoulder Stretch



Top/Back of Shoulder Stretch



Thigh Stretch



Side of Leg Stretch



Outer Calf Stretch



Supine Groin Stretch

“To maintain flexibility, we recommend that all of these stretches be completed during and/or after your activity. The cool-down stretch routine will eliminate lactic acid from your muscles and therefore decrease stiffness and soreness as a result of exercise.”