

**Some common stretches that can be performed prior to and after participation of golf can include** (please check with your physician or physical therapist prior to performing any form of exercise):

***Cervical Spine/Neck Stretches***



**Upper Trapezius Stretch**

Grasp the side of your head while reaching behind your back with your other hand. Gently pull your head towards your shoulder so that a stretch is felt. Hold 15 sec. Repeat 4x's.



**Neck Stretch**

Grab your arm above the wrist and pull down and across your body while gently tilting your head in the same direction. Hold 15sec. Repeat 4x's.



**Levator Scapula Stretch**

Place your hand on the same side of your shoulder blade while the other hand gently stretches your head down and away towards your armpit. Hold 15sec. Repeat 4x's.



**Lower Cervical/Upper Trapezius Stretch**

Grab your hands together in front of you with your arms extended and reach forward while bending your head. Hold 15 sec. Repeat 4x's.

### ***Lower Leg/Ankle/Foot Stretches***



#### **Gastrocnemius Calf Stretch**

Standing with one foot behind and keeping this leg straight, bend the other knee forward leaning into the wall while keeping your back straight and the heel of both feet on floor. Your face should come close to the wall. Hold 15 sec. Repeat 4x's.



#### **Soleus Stretch**

Standing with one foot behind and keeping both knees bent, lean into the wall while keeping your back straight and the heel of both feet on floor. Your face should come close to wall. Hold 15 sec. Repeat 4x's.

### ***Hip/Groin/Knee Stretches***



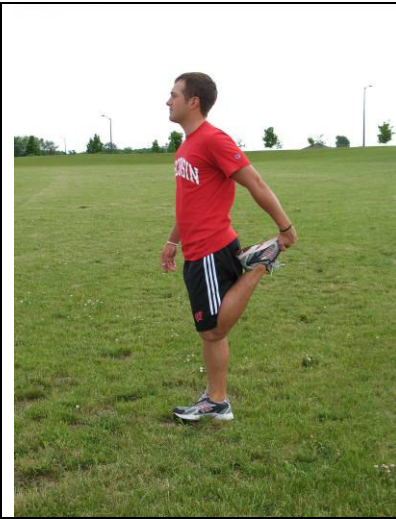
#### **Hip Flexor Stretch**

Kneeling on one knee, slowly push your pelvis down while slightly arching your back until a stretch is felt at the front of the hip. Hold 15 sec. Repeat 4x's.



#### **Seated Piriformis Stretch**

In sitting, cross one leg over the other thigh and place your elbow over the outside of the knee and gently stretch your buttock muscles by pushing the bent knee across your body. Hold 15 sec. Repeat 4x's.



### **Standing Quadriceps Stretch**

Keeping your back straight in standing, pull your heel towards your buttock until a stretch is felt at the front of the thigh. Hold 15 sec. Repeat 4x's.



### **Seated Hamstring Stretch**

In a seated position, with one leg straight, tuck your other foot near your groin. Reach down keeping your back and knee straight until a stretch is felt in the back of your thigh. Hold 15 sec. Repeat 4x's.



### **Hip Adductor/Groin Stretch**

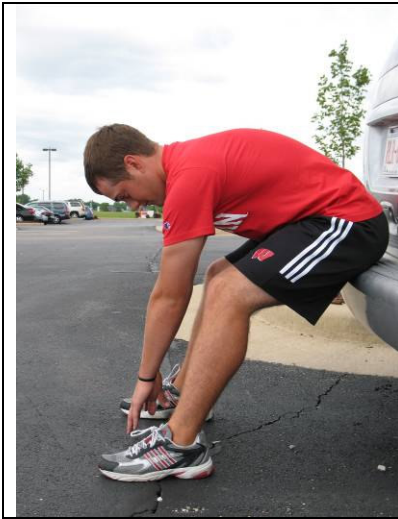
In sitting place your heels together and pull feet toward groin until a stretch is felt in the groin and inner thigh. Hold 15 sec. Repeat 4x's.

## ***Lumbar Spine/Back Stretches***



### **Side Bend Stretch**

With both hands on your hips, bend your trunk sideways until a stretch is felt on the opposite side. Hold 15 sec. Repeat 4x's.



**Seated Lower Back Stretch**

Sitting down with your knees spread apart, bend forward towards the floor so that you feel a comfortable stretch in your low back. Hold 15 sec. Repeat 4x's.



**Lumbar Rotation Stretch**

Sitting at the edge of a chair, with your arms crossed, rotate your trunk to one side until a stretch is felt. Hold 15 sec. Repeat 4x's.

***Shoulder Stretches***



**Posterior Shoulder Stretch**

Pull your elbow across your body until a stretch is felt. Hold 15sec. Repeat 4x's.



**Anterior Shoulder Stretch**

With your elbows straight and both hands behind you holding onto your golf club palms up, pinch your shoulder blades together while extending your arms backwards. Hold 15 sec. Repeat 4x's.



### **Shoulder Shrugs**

Shrug shoulders up for 5 seconds, down for 5 seconds, forward for 5 seconds and backward for 5 seconds. Hold 5 sec. Repeat 10x's.

### ***Elbow/Wrist Stretches***



### **Wrist Flexor Stretch**

Keeping your elbow straight, grasp one hand and slowly bend wrist back until a stretch is felt. Hold 15 sec. Repeat 4x's.



**Wrist Extensor Stretch**

Keeping your elbow straight, grasp one hand and slowly bend wrist forward until a stretch is felt. Hold 15 sec. Repeat 4x's.



**Forearm Pronation Stretch**

With your hand in a handshake position, grasp and slowly turn to a palm up position so a stretch is felt. Hold 15 sec. Repeat 4x's.



**Forearm Supination Stretch**

With your hand in a handshake position, grasp and slowly turn to a palm down position so a stretch is felt. Hold 15 sec. Repeat 4x's.