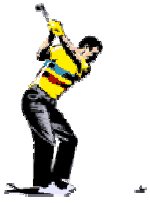


# Golf Stretches

Provided By: Axis Chiropractic Family Wellness Centre



Golf is a popular sport of all ages played year-round. Range of motion of the trunk and upper extremities is key to a successful golf swing. Unfortunately, as one gets older, flexibility (or range of motion) is likely to decrease, predisposing one to injury. Golf is a game of repetitive twisting and rotation of the trunk. Excessive rotation puts a shear stress of the spine, which may increase risk of injury. In addition, most participants who play on the average of once or twice a week do not bother warming up beforehand. Flexibility exercises not only have the potential to prevent injury, but also to improve golf performance. To help prepare oneself for the game, here are a few exercises to do before golfing:

## 12 Stretches

Do the stretches in the order presented here for the best results. Even if you are in a hurry, remember to take the time to go through the routine smoothly and evenly. This Conscious effort will also prime you mentally for the pace of the game.

**HOLD EACH STRETCH** for 20 seconds. Remember to stretch both sides. You should experience **NO PAIN** with any of these stretches.

**BEFORE YOU TEE OFF:** After completing the stretches, gently swing a short iron (e.g. 9 iron) back and forth several times. Slowly build up the tempo of these practice swings. Perform these practice swings both left and right handed.

*CAUTION: If you have any health concerns, consult your doctor before proceeding. If you feel any pain or unusual sensations (tingling, numbness, dizziness) with any of these exercises - STOP IMMEDIATELY and see your chiropractor or family physician.*

	<p><b>1. GROIN STRETCH</b> Using a golf club or bench for balance, place your feet 2-3 feet apart. While keeping your back vertical, slide your hips sideways to the right letting your right knee bend while your left leg stays straight. You should feel a stretch in the groin of your left thigh.</p>		<p><b>2. QUADRICEP STRETCH</b> Using a golf club for balance, bend your right knee and hold your right foot with your right hand. Keep your thighs together, and your right knee pointing towards the ground. Pull your abdominal muscles in and maintain a straight back during the stretch. You should feel a stretch in the front of your right thigh.</p>
	<p><b>3. HIP FLEXOR STRETCH</b> Step your right foot forward 2-3 feet. Both feet should be pointing straight ahead. Pull in your abdominal muscles and keep your back straight. Bending your right knee, lean forward onto your right leg. You should feel a stretch at the front of your left hip. Tightening your left buttock will increase the stretch.</p>		<p><b>4. HAMSTRING STRETCH</b> Steady yourself with a golf club and step your right foot forward 2-3 feet. Keeping your right knee straight, slowly bend forward at the waist until you feel a stretch in the back of your right thigh. Pulling your right foot up will increase the stretch.</p>
	<p><b>5. CALF-STRETCH</b> Steady yourself with a golf club and step your left foot back 2-3 feet. Keep your feet pointed forward. While keeping your left knee straight, slowly bend your right knee until you feel a stretch in the back of your left lower leg. Make sure you keep your left heel on the ground.</p>		<p><b>6. SIDE TRUNK STRETCH</b> Place your right arm behind your head and grasp the right elbow with your left hand as shown. Gently pull your right elbow to the left while bending your trunk to the left. A stretch should be felt in your right upper arm and the right side of your trunk.</p>
	<p><b>7. TRUNK ROTATION STRETCH</b> Hold a club behind your back as shown. Keep both feet planted on the ground about shoulder width apart. Keep your back straight and bend slightly at your hips and knees. Without twisting your hips, gently turn your trunk to one side until you feel a stretch in the middle of your back.</p>		<p><b>8. SHOULDER STRETCH</b> Hold the shaft of a golf club vertically behind your back as shown. Slowly pull the club up with your top hand until you feel a stretch in the shoulder of your lower arm. The lower arm should be relaxed. Hold the stretch for twenty seconds. Next, pull the club down with your bottom hand until you feel a stretch in the top shoulder and arm. Reverse hand positions and repeat.</p>
	<p><b>9. BACK OF SHOULDER STRETCH</b> Place your right hand on your left shoulder. Gently pull your right elbow across your body towards your left shoulder. You should feel a stretch across the back of your right shoulder.</p>		<p><b>10. NECK STRETCH</b> Put your hands behind your back and grasp your left wrist with your right hand. Keep your shoulders relaxed and slowly tilt your head to the right. Using your left shoulder muscles, gently depress your left shoulder down towards your feet. A stretch should be felt in the left side of your neck.</p>
	<p><b>11. FOREARM STRETCH-PALM UP</b> With your arm straight out in front of you and the palm facing upwards, gently pull your fingers back with your other hand. Do not let your shoulder rise up as you do this. A stretch should be felt on the inside of your forearm.</p>		<p><b>12. FOREARM STRETCH-PALM DOWN</b> With your arm straight out in front of you and your palm facing down, point your hand to the ground. Slowly pull the back of this hand towards you with your other hand. Do not let your shoulder rise up as you do this. A stretch should be felt on the top of your wrist and forearm.</p>