

# WARM-UP YOUR GOLF GAME!

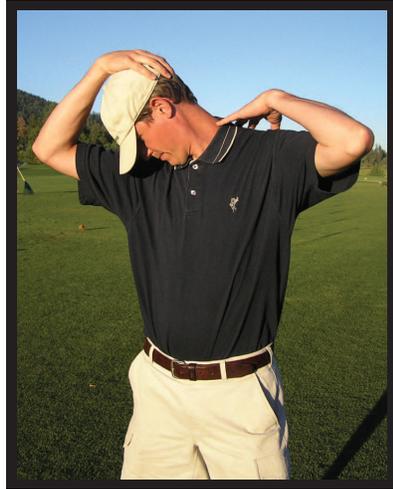
## Proper Stretching Techniques for Golfers



### 1. Shoulder External Rotation

Grab the club as shown and gently with the opposite arm pull the club forward which rotates your stretching arm outward.

Hold stretch 2-3 seconds and do 5-10 reps to warm-up this motion prior to playing or hold 20-30 seconds and do 2-3 daily to improve mobility in your shoulders.

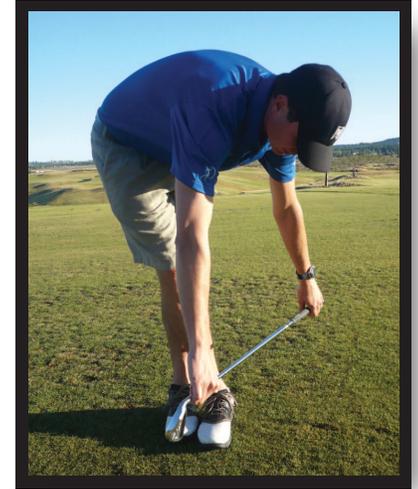


### 2. Cervical Rotation and Flexion

Put your left hand onto your left shoulder blade, then grab the back of the left side of your head with your right hand and gently pull your head down and across toward your right knee. Maintain your trunk posture.

If doing this stretch prior to playing golf, move into the stretch for 2-3 seconds and repeat 5-10 times. Repeat to the other side.

If doing this stretch at home for increasing flexibility hold stretch 20-30 seconds and repeat 2-3 times.



### 3. Crossover with Rotation

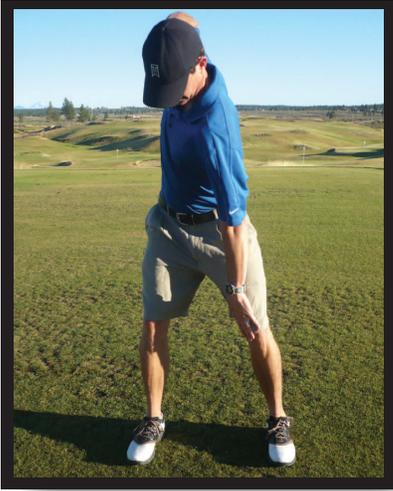
Cross your right leg over the left and bend forward toward your toes holding a club in your hand, then rotate your trunk from one side to the other.

If doing this stretch prior to playing golf, move into the stretch on one side for 2-3 seconds and then to the other side and repeat 5-10 times. Repeat crossing your left leg over your right.

If doing this stretch at home for increasing flexibility hold stretch 20-30 seconds and repeat 2-3 times.

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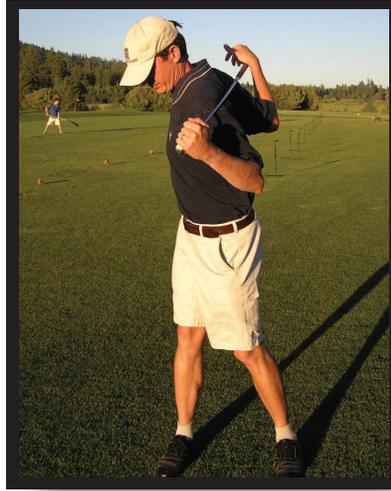


## 4. Standing Thoracic Rotation

Get into an address position, put your right hand behind your head and your left hand on the inside of your left knee. Rotate your trunk to the right while holding your lower body steady.

If doing this stretch prior to playing golf hold 3-5 seconds and repeat 5-10 times.

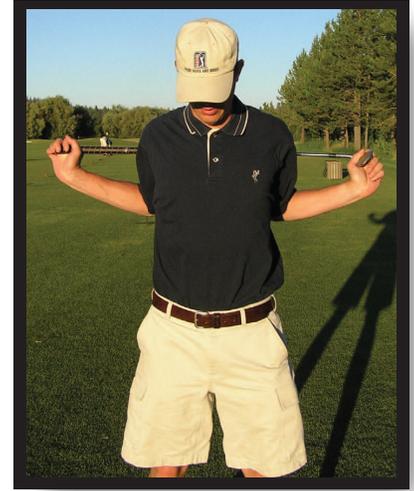
If doing this stretch at home hold 20-30 seconds and repeat 2-3 times. Do the opposite rotation by switching your hands placement and repeat.



## 5. Trunk Rotation

Place club behind shoulders as shown and then slowly rotate your trunk back and forth through the normal range of motion of the golf swing.

Hold 2-3 seconds at either end of the motion and avoid moving beyond a comfortable stretch feeling. Repeat 5-10 times in both directions.

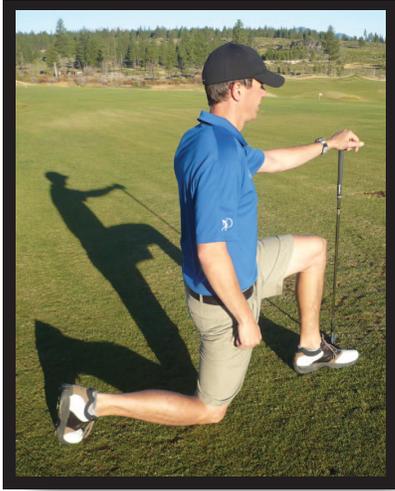


## 6. Pecs

Place club behind shoulders while grabbing onto the club with both hands. Try to bring the club as far down the middle of the back as possible and hold for 20-30 seconds and repeat 1-3 times.

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## 7. Straight Hip Flexor

Assume a half-kneeling position with your right leg down. Do a pelvic tilt by contracting your lower abdominals and the right glute. Then glide your hips forward until you feel a stretch in front of the right hip.

If doing this stretch prior to playing golf, move into the stretch for 2-3 seconds and then glide out of it and repeat 5-10 times. Repeat with the left leg down.

If doing this stretch at home for increasing flexibility hold stretch 20-30 seconds and repeat 2-3 times.

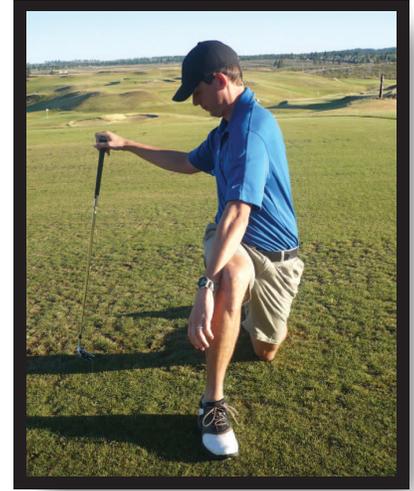


## 8. Hip Flexor with Sidebend

Assume a half-kneeling position, do a pelvic tilt by tucking your tailbone under, and gently glide your hips forward until you feel a stretch in the front of the left hip. Then side-bend your trunk to the right which you will continue to feel in the front of the left hip but also along the left side of your body.

If doing this stretch prior to playing golf, move into stretch for 2-3 seconds and do 5-10 times.

If doing this stretch at home for increasing flexibility, hold stretch 20-30 seconds and repeat 2-3 times. Repeat with the right leg down.



## 9. Hip Flexor with Rotation

Assume a half-kneeling position, do a pelvic tilt by tucking your tailbone under, and gently glide your hips forward until you feel a stretch in the front of the left hip. Then rotate your trunk to the right which you will continue to feel in the front of the left hip but it may be a slightly different feeling than when just gliding forward.

If doing this stretch prior to playing golf, move into stretch for 2-3 seconds and do 5-10 times.

If doing this stretch at home for increasing flexibility, hold stretch 20-30 seconds and repeat 2-3 times. Repeat with the right leg down.

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