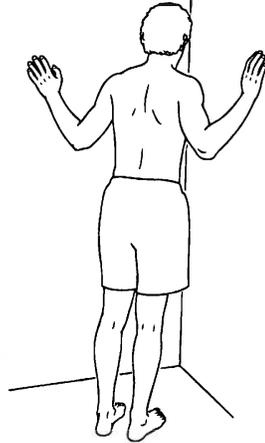


EVERYDAY GOLF STRETCHES

These stretches can be added to your normal workout routine to increase flexibility and strength.
PLEASE NOTE: It is always important to consult your physician before starting an exercise program.

CERVICAL SPINE - 24 Flexibility: Corner Stretch

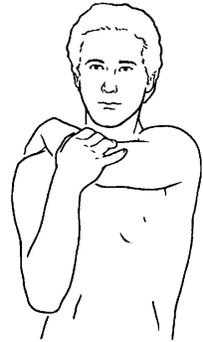
Standing in corner with hands just above shoulder level and feet 6-12 inches from corner, lean forward until a comfortable stretch is felt across chest. Hold 30 seconds.



Repeat 5 times

SHOULDER - 72 ROM: Posterior Capsule Stretch

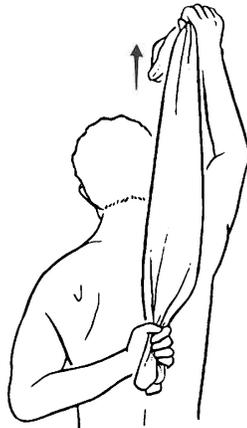
Gently pull on one forward elbow with other hand until stretch is felt in shoulder. Hold 30 seconds.



Repeat 5 times

SHOULDER - 73 ROM: Towel Stretch – with Interior Rotation

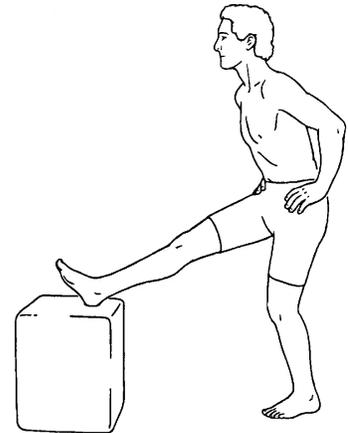
Pull one arm up behind back by pulling towel up with other arm. Hold 30 seconds.



Repeat 5 times

HIP / KNEE - 39 Stretching: Hamstring (Standing)

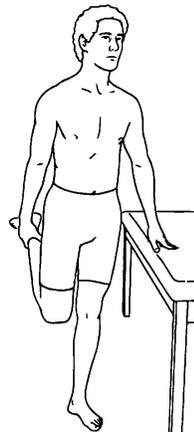
Place one foot on stool. Slowly lean forward, keeping back straight, until stretch is felt in back of thigh. Hold 30 seconds.



Repeat 5 times

HIP / KNEE - 37 Stretching: Quadriceps (Standing)

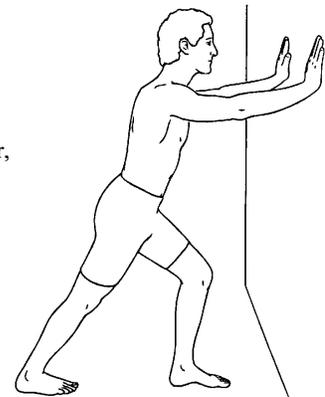
Pull one heel toward buttock until stretch is felt in front of thigh. Hold 30 seconds.



Repeat 5 times

HIP / KNEE - 41 Stretching: Gastroc

Stand with one foot back, leg straight, forward leg bent. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in calf. Hold 30 seconds.



Repeat 5 times