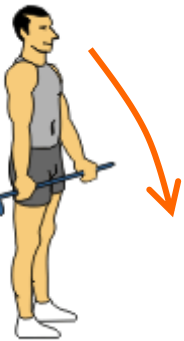


Stretching Guideline for Golfers

Perform the following stretches before, during and after your round of golf.

Hold each exercise for 20-30 seconds, 2-3 times equally on each side.

If you are experiencing **back or joint pain** please consult your doctor and/or physical therapist before performing these exercises

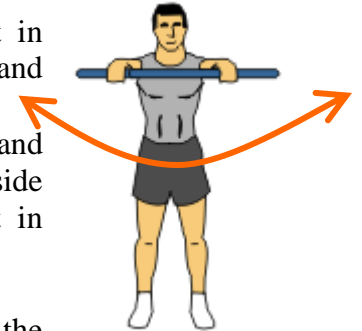


TOE TOUCH

- Start by holding golf club in front of you.
- Keeping your back flat and legs semi straight bend forward and reach your club towards the ground.
- Hold this position for 20-30 seconds and then return to the starting position.
- Repeat 2-3 times.

TRUNK ROTATION

- Hold a golf club out in front of your chest and arms extended.
- Rotate your trunk and shoulders to the left side until a stretch is felt in your torso.
- Return to the starting position and repeat on the other side.

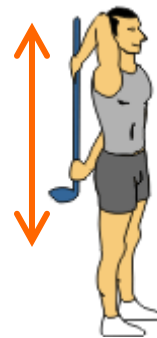


HAMSTRING/CALF STRETCH

- Start by placing your golf club on the ground and hold onto the end of the club.
- Place one leg forward keeping your knee straight.
- Lean forward keeping your back flat until you feel a stretch in the back of your front leg.
- Hold this stretch for 20-30 seconds and then repeat with the other leg.



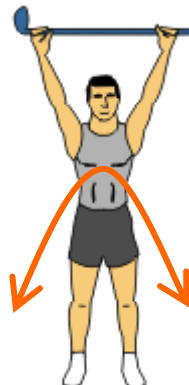
SHOULDER WARM UP



- Hold a golf club with one hand and place it behind you with your hand over your shoulder.
- Reach back with the bottom hand.
- Using your upper hand pull the club up towards the ceiling until a stretch is felt in the opposite shoulder.
- Hold for the suggested number of seconds and then repeat with the other side.

LATERAL SIDE BEND

- Start by holding a golf club above your head with your arms extended.
- Slowly bend laterally to one side until a comfortable stretch is felt. Return to the starting position and repeat to the other side.



Enjoy your round of golf!

Pain, balance or strength issues interfering with your game? Call **Sapphire Physical Therapy** at 549-5392 to make an appointment.