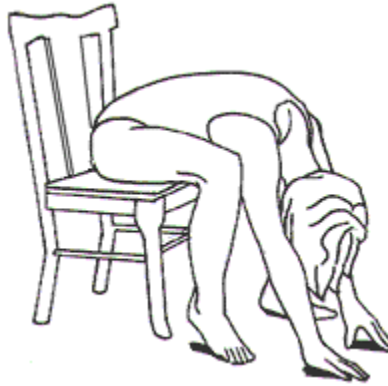


Golf Stretching Program

(We suggest you do 5-6 of the stretches on one day and the others the following day.)

Exercise:

Seated Trunk Flexion



IN THE SEATED POSITION REACH DOWN BETWEEN YOUR LEGS AND OBTAIN A STRETCH IN THE LOWER BACK.

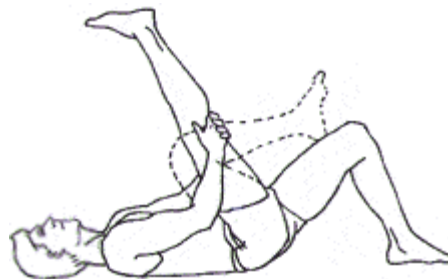
Repeat: 2 times **Sets:** 1

Hold Time: 30 secs **Resistance/Time:** 0

Sessions: 1 /day

Exercise:

Hamstring Stretch



SUPPORT BACK OF THIGH BEHIND KNEE. STARTING WITH BENT KNEE ATTEMPT TO STRAIGHTEN KNEE UNTIL A COMFORTABLE STRETCH IS FELT IN BACK OF THIGH.

Repeat: 2 times **Sets:** 1

Hold Time: 30 secs **Resistance/Time:** 0

Sessions: 1 /day

Exercise:

Quadriceps Stretch



LYING ON YOUR SIDE PULL THE HEEL IN TOWARDS BUTTOCKS UNTIL A COMFORTABLE STRETCH IS FELT IN FRONT OF THIGH.

Repeat:

2 times

Sets:

1

Hold Time:

30 secs

Resistance/Time:

0

Sessions:

1 /day

Exercise:

Lateral Flexion with Overpressure



DROP YOUR EAR TOWARD YOUR SHOULDER. GENTLY PULL YOUR HEAD TO THE SIDE WHILE FEELING A STRETCH ON THE OPPOSITE SIDE OF YOUR NECK.

Repeat: 2 times **Sets:** 1

Hold Time: 30 secs **Resistance/Time:** 0

Sessions: 1 /day

Exercise:

Rhomboid Stretch



GRASP THE HANDS TOGETHER AND GENTLY STRETCH THE ARMS OUT IN FRONT OF YOU WHILE ROUNDING THE SHOULDERS FORWARD.

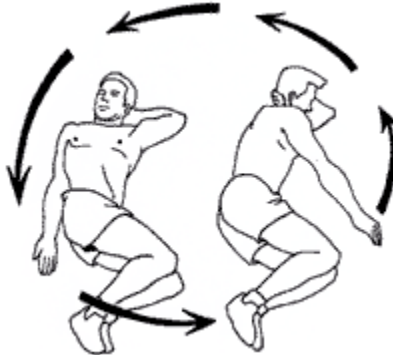
Repeat: 2 times **Sets:** 1

Hold Time: 30 secs **Resistance/Time:** 0

Sessions: 1 /day

Exercise:

Shoulder Circumduction



LYING ON YOUR SIDE ROTATE YOUR ARM IN A LARGE CIRCLE. ROTATE THE TRUNK BACKWARD TO MAXIMIZE THE MOVEMENT.

Repeat:	8 times	Sets:	1
Hold Time:	10 secs	Resistance/Time:	0
Sessions:	1 /day		

Exercise:

Standing Side Bend Right



REACH THE LEFT HAND OVERHEAD AND BEND THE TRUNK TO THE SIDE.

Repeat:	2 times	Sets:	1
Hold Time:	30 secs	Resistance/Time:	0
Sessions:	1 /day		

Exercise:

Rotation



ROTATE YOUR HEAD TO LOOK OVER YOUR SHOULDER. MOVE SLOWLY TO THE RIGHT AND THEN TO THE LEFT.

Repeat: 2 times **Sets:** 1

Hold Time: 30 secs **Resistance/Time:** 0

Sessions: 1 /day

Exercise:

Gluteus Stretch



LYING ON YOUR BACK CROSS ONE LEG OVER THE OTHER KNEE. RAISE YOUR KNEE AND PULL THE THIGH TOWARD THE CHEST TO OBTAIN A STRETCH IN THE OPPOSITE BUTTOCKS REGION.

Repeat: 2 times **Sets:** 1

Hold Time: 30 secs **Resistance/Time:** 0

Sessions: 1 /day

Exercise:

Posterior Capsule Stretch

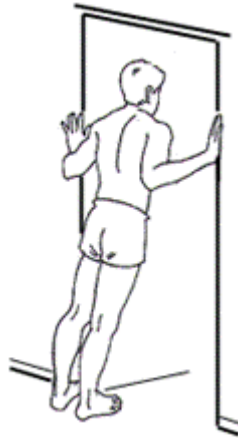


PULL YOUR ARM ACROSS YOUR BODY GENTLY OBTAINING A STRETCH IN THE BACK OF THE SHOULDER.

Repeat:	2 times	Sets:	1
Hold Time:	30 secs	Resistance/Time:	0
Sessions:	1 /day		

Exercise:

Pectoralis (Door) Stretch



STAND IN A DOOR JAM WITH YOUR HANDS AT HEAD HEIGHT. GENTLY LEAN FORWARD AND OBTAIN A STRETCH IN THE CHEST.

Repeat:	2 times	Sets:	1
Hold Time:	30 secs	Resistance/Time:	0
Sessions:	1 /day		