

Stretches for Golf

Stretching exercises should only be performed after a thorough warm up is conducted. A thorough warm up will prepare your muscles for the following stretching exercises by increasing blood flow, which in-turn increases the delivery of oxygen and nutrients to the working muscles. A thorough warm up should consist of light physical activity for about 10 minutes and result in a light sweat. **Download "Warm-up/Cool-down Routine."**

Perform each stretch gently and slowly and avoid any bouncing or jerky movements. Stretch only to the point where you can feel tension in the muscle group and never stretch to the point of pain or discomfort. Breathe slowly and deeply while performing each stretch.

After reading the description and viewing the accompanying picture move your body into the stretch position and hold each stretch for 20 to 30 seconds. Relax for 10 to 15 seconds between each stretch and perform each stretch 2 to 3 times.



Stretch #1, Standing Lean-back Stomach stretch is for the muscles of the Stomach

Stand upright with your feet shoulder width apart and place your hands on your buttocks for support. Look upwards and slowly lean backwards at the waist.

Stretch #2, Bent-over Chest Stretch is for the muscles of the Shoulders

Face a wall and place both hands on the wall just above your head. Slowly lower your shoulders as if moving your chin towards the ground.



Stretch #3, Kneeling Forearm Stretch is for the muscles of the Upper Arms

While crouching on your knees with your forearms facing forward and hands pointing backwards, slowly move rearward.



Stretch #4, Rotating Stomach Stretch, is for the muscles of the Stomach

Lie face down and bring your hands close to your shoulders. Keep your hips on the ground, look forward and raise up by straightening your arms. Then slowly bend one arm and rotate that shoulder towards the ground.



Stretch #5, Assisted Reverse Shoulder

Stretch is for the muscles of the Shoulders

Stand upright with your back towards a table or bench and place your hands on the edge of the table or bench. Keep your arms straight and slowly lower your entire body .



Stretch #6, Standing Lean-back Side

Stomach Stretch is for the muscles of the stomach

Stand upright with your feet shoulder width apart and place one hand on your buttocks. Look up and slowly lean backwards at the waist, then reach over with your opposite hand and rotate at the waist.

Stretch #7, Rotating Stomach Stretch is for the muscles of the Stomach

Lie face down and bring your hands close to your shoulders. Keep your hips on the ground, look forward and raise up by straightening your arms. Then slowly bend one arm and rotate that shoulder towards the ground.



Stretch #8, Reaching-up Shoulder Stretch is for the muscles of the Shoulders

Place one hand behind your back and then reach up between your shoulder blades.

Stretch #9, Seated Partner Assisted Chest Stretch is for the muscles of the Shoulders

Sit on the ground and have a partner stand behind you. Reach behind with both arms and have the partner further extend your arms.



Stretch #10, Back Arching Stomach Stretch is for the muscles of the Stomach

Sit on a Swiss ball and slowly roll the ball forward while leaning back. Allow your back and shoulders to rest on the ball and your arms to hang to each side.



Stretch #11, Elbow-out Rotator Stretch is for the muscles of the Shoulders

Stand with your hand behind the middle of your back and your elbow pointing out. Reach over with your other hand and gently pull your elbow forward .

Stretch #12, Assisted Reverse Shoulder Stretch is for the muscles of the Shoulders

Stand upright with your back towards a table or bench and place your hands on the edge of the table or bench. Keep your arms straight and slowly lower your entire body .



Stretch #13 Kneeling Back-arch Stretch is for the muscles of the Lower Back

Kneel on your hands and knees. Let your head fall forward and arch your back upwards .

Stretch #14, Parallel Arm Shoulder Stretch is for the muscles of the Shoulders

Stand upright and place one arm across your body . Keep your arm parallel to the ground and pull your elbow towards your opposite shoulder.



Stretch #15, Sitting Bent-over Back Stretch is for the muscles of the Upper Back

Sit on the ground with your legs straight out in front or at 45 degrees apart. Keep your toes pointing upwards and rest your arms by your side or on your lap. Relax your back and neck and then let your head and chest fall forward.



Stretch #16, Above Head Chest Stretch is for the muscles of the Chest

Stand upright and interlock your fingers. Bend your arms and place them above your head while forcing your elbows and hands backwards .

Stretch #17, Reaching-down Triceps Stretch is for the muscles of the Upper Arms

Reach behind your head with both hands and your elbows pointing upwards . Then reach down your back with your hands.



Stretch #8, Bent Arm Chest Stretch is for the muscles of the Chest

Stand with your arm extended and your forearm at right angles to the ground. Rest your forearm against an immovable object and then turn your shoulders and body away from your extended arm.