



Pre-Golf Stretching Exercises

Benefits to stretching before golf:

1. Increase blood flow and provides warm up to muscles
2. Improves functional range of motion throughout the golf swing
3. Promotes relaxation and fluidity of swing
4. Reduces potential for injury or strain
5. Sports specific dynamic stretch with proper sequencing of swing

1 Standing back bends

- Feet should be shoulder width apart
- Place hands on hips
- Bend backwards trying to keep knees straight
Bend back until you feel resistance
- Repeat 15 times



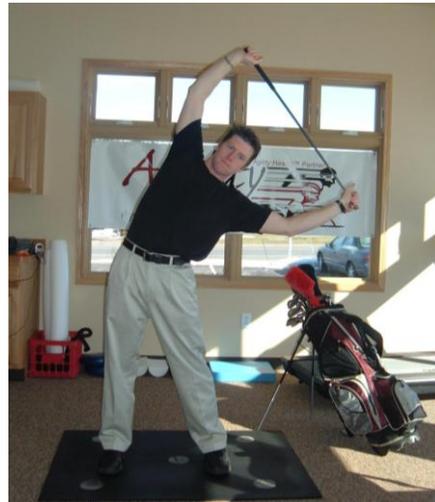
1 Trunk Rotations

- Place club over shoulders and behind head
- Grab the club at each end
- Assume the golf posture
- Rotate upper body back and through while keeping lower body still
- Repeat 15 times



1 Overhead Side Bends

- Grab club just outside shoulder width
- Feet should be shoulder width apart
- Hold club extended overhead
- Lean trunk to one side feeling a stretch on the opposite side
- Pause at the bottom, and go immediately to the other side
- Repeat three times on each side



1 Hip Stretch

- Place one foot in front of the other
- Use golf club for balance
- Tuck your bottom under and maintain for the entire stretch
- Lunge forward until stretch felt in front part of thigh
- Next, lean away from the "back" leg
- Hold stretch for 15 sec.
- Alternate legs and repeat three times on each side



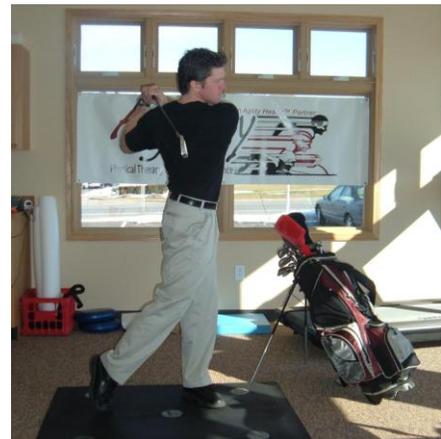
1 IT Band Stretch

- Cross one leg behind the other
- Rotate trunk and reach for the "back leg"
- Hold stretch for 15 sec.
- Alternate legs and repeat 3 times on each side



7-Iron Half Swings

- Make a half swing with a 7-iron at a moderate speed
- Focus on proper sequence of swing and fluid motion
- Continue to swing back and forth without hesitation to promote a proper warm-up
- Arms and shoulders should feel relaxed and light
- Repeat 15 times
- Can add a second club once warmed up for second set



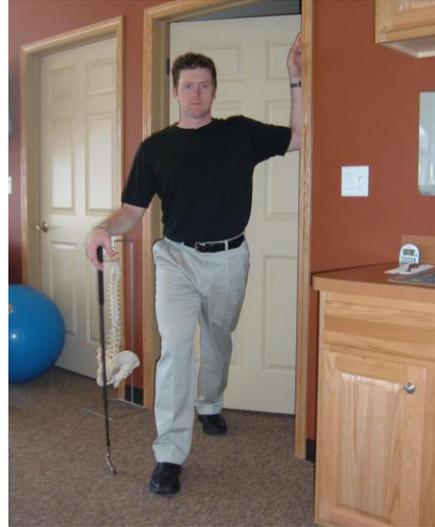
Hamstring Stretch

- Place foot on golf cart or bench
- Maintain the arch in back
- Bend forward at the hips until stretch felt in the back of the legs
- Hold stretch for 15 sec.
- Alternate legs and repeat 3 times on each side



1 Shoulder Stretch

- Place forearm against the roof support of the golf cart
- Lean forward until stretch felt in the chest or shoulder region
- Hold stretch for 15 sec.
- Alternate arms and repeat 3 times on each side



1 Other stretching recommendations:

This stretching program is not a substitute for specific stretches that may have been prescribed by a physical therapist or physician.

All stretching should be done **PAIN-FREE** and **you should be NO worse off than when you started.**

1 Contact Information:

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