

EAST SUBURBAN SPORTS MEDICINE
 4115 William Penn Highway
 Murrysville, PA 15668
 Phone: 724-327-7099
 Emergency:

1. Apply heat before exercise.
2. Relax while stretching. Do not hold your breath.
3. Strain but not pain is the rule.
4. Adjust repetitions as necessary to make exercise comfortable. Do not substitute quantity for quality.
5. Apply ice after exercise/activity to control soreness.

Golf Stretching : Flexion and Abduction

Slide arm up wall with palm toward you, moving closer to wall. Hold 5 seconds.

Then, standing perpendicular to the wall, reach up the wall to promote abduction. Hold 5 seconds.

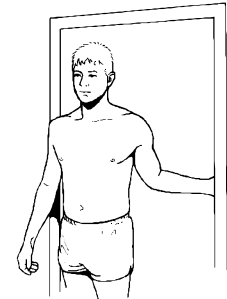
Repeat 5 times.
 Do 1 sessions per day.



Gof Stretching : External Rotation / Rotator Cuff

Keep palm of hand against door frame, and elbow bent at 90°. Turn body from fixed hand until a stretch is felt. Hold 10 seconds.

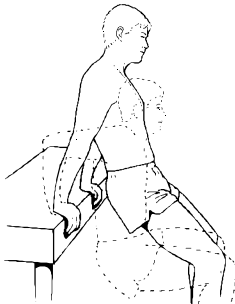
Repeat 5 times.
 Do 1 sessions per day.



Golf Stretching: Shoulder Extension

Keeping feet shoulder-width apart, gently lower body by bending knees until stretch is felt. Hold on to table. Hold 10 seconds.

Repeat 5 times.
 Do 1 sessions per day.



Golf Stretching: Internal Rotation / Rotator Cuff

Grasp involved wrist with noninvolved hand; Pull involved hand across back reaching thumb towards opposite shoulder blade. Hold 10 seconds.

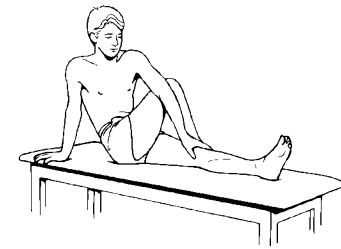
Repeat 5 times per set. Do 1 session per day.



Golf Stretch : Lateral Hip Stretch

Lying on your back, cross leg over thigh. Helper gently stretches lateral thigh by pulling bottom leg across the midline of the body. Hold 10 seconds.

Repeat 5 times. Do 1 sessions per day.



Golf Stretching : Standing Hamstrings

Place involved foot on stool. Weightbearing foot should be straight forward. Slowly lean forward, reaching arms straight forward in the horizontal plane until a stretch is felt in back of thigh. Hold 20 seconds.

Repeat 5 times.
 Do 1 sessions per day.



Golf Stretching : Forearm (Flexors)

Keeping elbow straight, grasp involved hand and slowly bend wrist backward until a stretch is felt. Hold 10 seconds. Relax.

Repeat 5 times.
 Do 1 sessions per day.



Golf Stretching : Forearm (Extensors)

Keeping elbow straight, grasp involved hand and slowly bend wrist down until a stretch is felt. Hold 10 seconds. Relax.

Repeat 5 times.
 Do 1 sessions per day.

