



PROHAB

1000 Regency Court
Suite 105
Toledo, OH 43623
419-885-2322

4725 Woodville Road
Suite 4
Northwood, OH 43619
419-698-2500

pre-game stretches

Regardless of age or physical condition, pre-game stretching can reduce the risk of injury and help lower your score. Benefits include increased performance, decreased injuries, and improved overall enjoyment of game.

Follow these easy steps when stretching:

- Warm up sufficiently before stretching.
- Make each stretch slow and smooth.
- Never bounce or push into pain.
- 1-2 repetitions are sufficient if performed regularly.
- Hold each stretch for 30 seconds.

Chest Stretch

Stand with golf club behind back, slowly raise arms up behind body until a stretch is felt. Keep chest up, don't lean forward.



Hip Abduction

Hold onto golf cart (or pole) crossing leg closest to the cart behind you. Keeping back leg straight, slowly lean hip toward cart. Hold and repeat on opposite side.

**Back Rotation**

Standing, slowly rotate your upper body to one side as far as comfortably able. While keeping feet flat on the ground, hold then slowly rotate in the opposite direction.

**Back Extension**

Stand with feet flat on the ground, arch back while pushing hips forward.



Trunk Side Bending

Stand with arms overhead holding the golf club. Slowly lean to one side then the other.



Quad/Thigh Stretch

With knee pointing down toward the ground, slowly pull heel of foot up towards buttocks until a stretch is felt. Hold and repeat on opposite side.



Calf/Achilles Stretch

Stand with one leg in front of the other, toes pointing straight ahead. Keeping back leg straight and heel on the ground, lean forward bending front knee until a stretch is felt in back leg. Hold and repeat on opposite side.



Trunk Flexion

Sit with both feet flat on the ground. Bend forward at waist and reach down for the toes.



Hip Rotation

Cross right leg over left knee with right ankle resting on left knee. Keep back straight and slowly lean forward as you apply downward pressure on your right knee. Hold and repeat with opposite leg.

**Hamstring Stretch**

Sit and straighten leg resting heel on front of golf cart (or another chair). Keep back straight and toe pointed straight up. Slowly reach toward toe until stretch is felt. Hold and repeat with opposite leg.

**Shoulder Stretch**

Reach arm across chest toward back of shoulder. Using opposite hand, help stretch arm towards chest. Hold and repeat with opposite arm. Hold and repeat on opposite side.

