



Phoenix

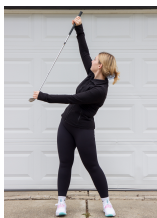
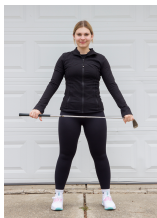
Physical Therapy

Dynamic Golf Stretches



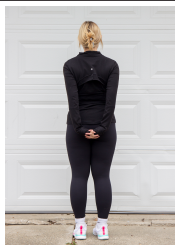
- Place your club behind your head and rest it on your shoulders.
- While holding onto your club, bend side to side slowly and controlled until you feel a stretch.
- **Perform 10 times each side.**

- Begin with your arms out to the side and feet spread apart.
- With your right hand, reach down and touch your left foot.
- Come back to upright. Then, reach down with your left hand and touch your right foot.
- **Repeat 10 times.**



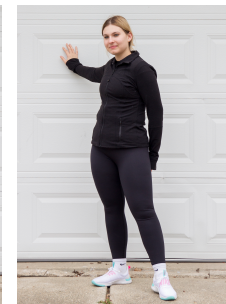
- Starting in a 7-iron posture, hold the club at each end.
- Moving slowly and controlled, rotate your trunk backwards until you feel a stretch.
- Move trunk forward until you feel a stretch.
- **Repeat 10 times.**

- Holding onto something, kick one leg forward keeping your knee straight, to feel a stretch in your hamstring.
- Let your leg swing back behind you, keeping your back straight, to feel a small stretch in the front of your hip.
- **Perform 10 times on each leg.**



- Reach your arms behind you and grasp your hands together and gently pull down.
- While maintaining stretch with your arms perform 10 neck circles in each direction.
- If you find an area that is tighter than the others, hold the stretch in that area for a short duration.

- Holding onto something, bring your knee up to waist height letting your knee bend.
- Bring your leg out to the side, the let it down to the ground.
- Keeping leg at your side bring it up to waist height with the knee bent.
- Bring leg back to straight in front of you and let it down to the ground.



This handout is for informational and educational purposes only and does not create a patient-provider relationship. The information should not be used for diagnosing or treating a health problem. Not all exercise plans are appropriate for everyone, and you should always consult your licensed healthcare provider before embarking on any new exercise program.