

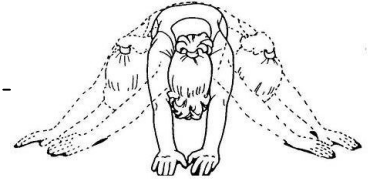
# St. Francis Physical Therapy

## Golf Enhancement Program

### Pre-Participation Golf Stretches

#### Back Stretch

While crouching on your knees, reach out in front of yourself as far as you can. Keep your chest as low to the floor as possible. Hold for 30 seconds and perform 2 repetitions. Repeat while reaching out to each side.



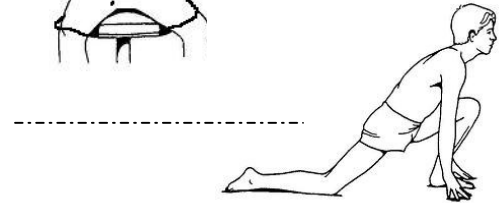
#### Trunk Rotation Stretch

While sitting upright, and keeping your hips and legs still, gently rotate your trunk side to side in a small, pain free, range of motion. Hold for 30 seconds and perform 2 repetitions on each side.



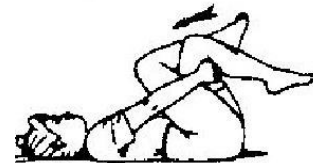
#### Hip Flexors Stretch

Slowly push your pelvis downward while slightly arching your back until a stretch is felt in the front of the hip. Hold for 30 seconds and perform 2 repetitions on each side.



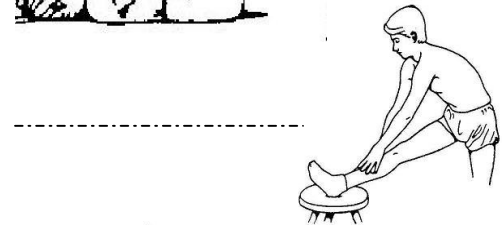
#### Hip Rotators Stretch

While lying on your back or seated in a chair, cross your right ankle over your left knee. Pull your left knee up toward your chest. Hold for 30 seconds and perform 2 repetitions on each side.



#### Hamstrings Stretch

Place foot up on a bench or step. While keeping your back straight, slowly lean forward and reach down your shin until stretch is felt in the back of the thigh. Hold for 30 seconds and perform 2 repetitions on each side.



#### Chest Stretch

Stand in a corner with your hands and forearms flat against the wall. Your hands should be placed at head level and feet approximately 2 feet from the corner. Slowly lean forward until a comfortable stretch is felt across the chest. Hold for 30 seconds and perform 2 repetitions.



#### Shoulder Rotators Stretch

Pull your left arm up behind your back by pulling the club upward with your right arm (internal rotation). Hold for 30 seconds and perform 2 repetitions on each side. Then pull your right arm down behind your back by pulling the club downward with your left arm (external rotation). Hold for 30 seconds and perform 2 repetitions on each side.



#### Head Rotators Stretch

Turn your head slowly to look over your left shoulder until a slight stretch is felt. Hold for 30 seconds and perform 2 repetitions on each side.

