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Stretch Before You Swing!!!

Guidelines for Proper Stretching Prior to Golfing

- Perform all stretches slowly until you feel tension, but no pain
- Hold each stretch for 30 seconds and repeat 2 times to each side
- If stretches are painful do not perform

1. Back Stretch



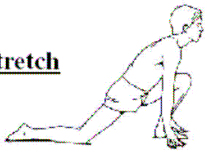
While crouching on your knees, reach out in front of yourself as far as you can. Keep your chest as low to the floor as possible. Repeat while reaching out to each side.

2. Trunk (Seated) 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.

3. Hip Flexors Stretch



Slowly push your pelvis downward while slightly arching your back until a stretch is felt in the front of the hip.

4. 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. Repeat on opposite side.

5. 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.

6. 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.

7. Shoulder Rotators Stretch



Pull your left arm up behind your back by pulling the club upward with your right arm (internal rotation). Next pull your right arm down behind your back by pulling the club downward with your left arm (external rotation).

8. Head Rotators Stretch



Turn your head slowly to look over your shoulder until a slight stretch is felt.

Is your golf game in a rut?
Does your body interfere with every swing and putt?

**St. Francis Physical Therapy
Golf Enhancement Programs can help!!!**

- ✓ Increase FLEXIBILITY
- ✓ Increase STRENGTH
- ✓ Increase BALANCE

LOWER YOUR SCORE!!!

Contact St. Francis Physical Therapy
today at **(763) 753-8804** for more information.