



**HELPING YOU TO BETTER GOLF – A FLEXIBILITY ROUTINE FROM NEW 2ND TEAM
CAPTAIN AND CHARTERED PHYSIOTHERAPIST KATH ASHLEY**

"Flexibility is a joint's ability to move through a full range of motion. Flexible golfers perform better due to better posture and muscle coordination.

Stretching reduces muscle soreness and lower back pain. Always start your game or practice by properly warming up."

Brisk Walk:

Take a 2-3 minute brisk walk prior to stretching. This will elevate your heart rate and increase blood flow to your muscles.

OR

Squatting Callisthenics:

Standing with your feet shoulder width apart and holding a golf club, do 10 consecutive squats while raising your club overhead. This will increase blood flow to your large muscle groups.

Forearm Stretches:

With your elbow straight out in front of you and the palm facing upwards, gently pull your fingers back with your other hand. A comfortable stretch should be felt on the inside of the forearm. Hold for 10 seconds then relax and repeat. Turn your hand over so the palm is facing down. Make a fist and slowly pull your wrist down with the other hand.

Shoulder Stretches:

Hold the shaft of a club behind your back. Slowly pull with your top hand until you feel the stretch in the shoulder of your bottom arm. Hold for 10 seconds. Reverse the position and repeat with the other arm.

Rotational Stretch:

Holding a golf club across your chest. With your feet shoulder width apart, keep both feet still. Gently twist at hips, pelvis and spine, rotating to the left and right. Next, hold a golf club across your body (arms crossed and feet together). Gently twist at hips, pelvis and spine, rotating to the left and right.

Extension Stretch:

Grip the club just wider than shoulder width apart. Bring your arms up over your head as far as you can go. You should feel this in your chest and mid-back. Hold for 5 seconds.

Calf Stretch:

Put left leg behind the right, feet pointing forwards. Lean forward, keeping leg straight and heel on the floor. A gentle stretch should be felt in the calf muscle on the posterior section of the lower leg. Change legs and repeat.

Hip and Buttock Stretch:

Put your foot on a bench or golf cart. Lean forward so that your chest goes towards your knee. Hold for 5 seconds and repeat with other leg.

Hamstring Stretch:

Standing with feet slightly apart, lean forward at the hips until you feel a gentle stretch at the back of your thighs. Hold for 5-10 seconds.

Quad Stretch:

Standing, hold your right foot in your right hand behind your buttock. Feeling a gentle stretch in your right quads, hold for 5-10 seconds. Repeat with your left leg.

**ALL EXERCISES SHOULD BE REPEATED 3 TIMES.
REMEMBER:**

Flexibility is a very important aspect of your game!

Your pre-golf warm-up programme should be done prior to taking a full swing. The golf swing is a highly physically demanding activity and your body requires appropriate warm-up to help prevent injury and enhance performance.

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