



Get in the Game Without the Pain

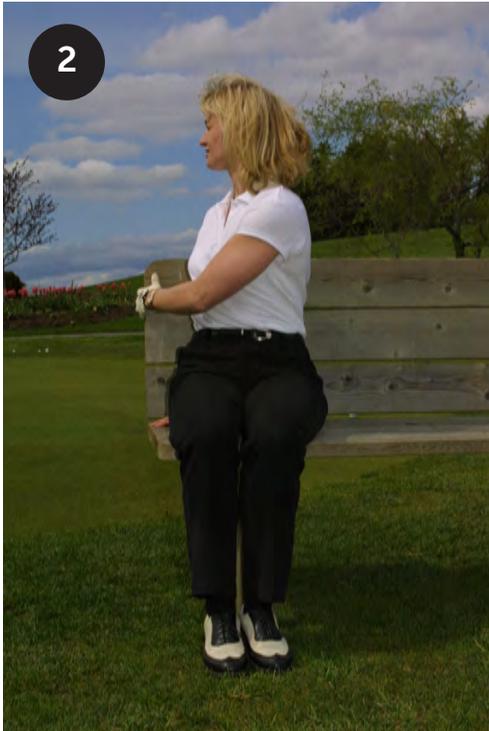
FOUR EASY STRETCHES FOR GOLFERS

#1 HIP FLEXOR LUNGE

Stand with your feet shoulder width apart. Step one foot forward into a lunge position. Keep your body upright and back straight. Bend both knees so that you feel the stretch. Do not let your forward knee pass over the ankle of your front foot. Use a golf club to keep your balance. Hold 15 seconds. Repeat 2 times each side

Feel the stretch in the hips and groin!





#2 SEATED TWIST

Sit on a bench or golf cart with your knees together and feet flat pointing forward. Reach across the front of your body and grasp the back of the bench or cart. You should experience a stretch in your spinal muscles. Hold 15 seconds. Repeat 2 times each side.

Feel the stretch in your back muscles!

#3 SEATED FORWARD BEND

Sit on a bench or golf cart, knees bent and feet flat. Place one ankle onto your opposite knee, and relax this leg so that your knee falls out to the side. Slowly bend forward, keeping your back straight. You may gently pull on your bent knee to generate a deeper stretch. You should feel a stretch in your buttock area. Hold 15 seconds. Repeat 2 times each side.

Feel the stretch in your buttock!

#4 SIDE BENDING STRETCH

Stand with feet shoulder width apart. Hold the golf club above your head with your arms straight. Slowly bend to one side, without rotating, until you feel a stretch along the side of your back. Hold 15 seconds. Repeat 2 times each side.

Feel the stretch in your arms and torso!



Canadian Chiropractic Association

186 Spadina Avenue, Suite 6
Toronto, ON M5T 3B2
Toll-Free: 1-877-222-9303
info@chiropractic.ca
chiropractic.ca

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