

Pre-Round Golf Stretching Routine



I
Pull arm across body. Repeat with other arm. Feel stretch behind shoulder.



II
Push club above and behind head while arching the back. Feel stretch in chest and abdominals.

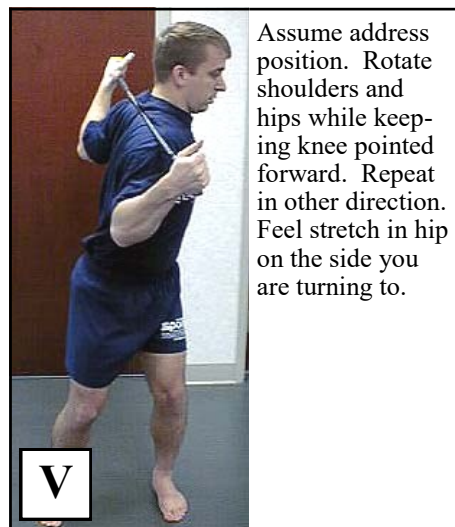


III
Right hand on grip, left hand on club-head. Gently pull right arm back and toward ground. Avoid this stretch if you feel any pain in the shoulder.



IV

Assume address position (flexed knees). Rotate shoulders keeping knees and pelvis pointing forward and stable. Repeat in other direction. Feel stretch in back.
****You can also perform this stretch in sitting**



V

Assume address position. Rotate shoulders and hips while keeping knee pointed forward. Repeat in other direction. Feel stretch in hip on the side you are turning to.

Hold for _____ sec./min. and repeat _____ times before each round of golf.

If you have any questions regarding your exercises, please contact your physical therapist at (317) 817-1200 or 1-800-SPORTS-MED

Therapist _____ Ext: _____

HOME EXERCISE PROGRAM