

STANDING STRETCHES & FUNCTIONAL MOVEMENTS FOR GOLF

It's very important to stretch and warm-up before any physical activity. Here are some stretches and functional movements to do before your game, to reduce injury and help improve performance. ***Remember to hold each stretch for 15 seconds.

NECK STRETCH - SIDE TO SIDE



NECK STRETCH - EAR TO SHOULDER



NECK STRETCH - NECK CIRCLES



WRIST & FOREARM STRETCHES



SHOULDER STRETCH - ARMS BEHIND BACK



SHOULDER STRETCH - CLUB BEHIND BACK



SIDE STRETCH - CLUB OVERHEAD



SIDE STRETCH - CLUB OVERHEAD ROTATION



HAMSTRING STRETCH



ABDUCTOR STRETCH



STANDING STRETCHES

STANDING...

QUAD STRETCH



CALF STRETCH



WRIST/FOREARM ROTATIONS



UPRIGHT ROTATIONS



UPRIGHT ROTATIONS WITH TILT



SQUAT WITH OR WITHOUT OVERHEAD



LUNGE - 4 DIRECTIONS



UPPER BODY ROTATIONS



LOWER BODY ROTATIONS



GENTLE SWINGS - FORWARD & BACK



TO LEARN MORE ON GOLF STRETCHES OR TO WATCH THE FULL VIDEO
GO TO <http://www.mcplus.ca/stretches.html>

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