

Dr. John Ferguson presents “Stretch Your Golf Game . . . First-Tee Stretching Exercises”

These stretches are fun, relaxing and easy once the correct techniques have been learned, especially when combined with a regular fitness program and chiropractic care. The benefits of stretching occur relatively quickly. The result is a better trunk turn and a more fluid swing, with less muscle tension and a decreased chance of injury.

HOLD EACH STRETCH for 20 seconds. Remember to stretch both sides. You should experience **NO PAIN** with any of these stretches.

BEFORE YOU TEE OFF: After completing the stretches, gently swing a short iron (e.g. 9 iron) back and forth several times. Slowly build up the tempo of these practice swings. Perform these practice swings both left and right handed.

CAUTION: *If you have any health concerns, consult your Doctor of Chiropractic before proceeding. If you feel any pain or unusual sensations (tingling, numbness, dizziness) with any of these exercises - STOP IMMEDIATELY and seek medical advice.*



#1

1. GROIN STRETCH

Using a golf club or bench for balance, place your feet 2-3 feet apart. While keeping your back vertical, slide your hips sideways to the right letting your right knee bend while your left leg stays straight. You should feel a stretch in the groin of your left thigh.



#2

2. QUADRICEP STRETCH

Using a golf club for balance, bend your right knee and hold your right foot with your right hand. Keep your thighs together, and your right knee pointing towards the ground. Pull your abdominal muscles in and maintain a straight back during the stretch. You should feel a stretch in the front of your right thigh.



#3

3. HIP FLEXOR STRETCH

Step your right foot forward 2-3 feet. Both feet should be pointing straight ahead. Pull in your abdominal muscles and keep your back straight. Bending your right knee, lean forward onto your right leg. You should feel a stretch at the front of your left hip. Tightening your left buttock will increase the stretch.



#4

4. HAMSTRING STRETCH

Steady yourself with a golf club and step your right foot forward 2-3 feet. Keeping your right knee straight, slowly bend forward at the waist until you feel a stretch in the back of your right thigh. Pulling your right foot up will increase the stretch.



#5

5. CALF-STRETCH

Steady yourself with a golf club and step your left foot back 2-3 feet. Keep your feet pointed forward. While keeping your left knee straight, slowly bend your right knee until you feel a stretch in the back of your left lower leg. Make sure you keep your left heel on the ground.



#6

6. SIDE TRUNK STRETCH

Place your right arm behind your head and grasp the right elbow with your left hand as shown. Gently pull your right elbow to the left while bending your trunk to the left. A stretch should be felt in your right upper arm and the right side of your trunk.



7. TRUNK ROTATION STRETCH

Hold a club behind your back as shown. Keep both feet planted on the ground about shoulder width apart. Keep your back straight and bend slightly at your hips and knees. Without twisting your hips, gently turn your trunk to one side until you feel a stretch in the middle of your back.



8. SHOULDER STRETCH

Hold the shaft of a golf club vertically behind your back as shown. Slowly pull the club up with your top hand until you feel a stretch in the shoulder of your lower arm. The lower arm should be relaxed. Hold the stretch for twenty seconds. Next, pull the club down with your bottom hand until you feel a stretch in the top shoulder and arm. Reverse hand positions and repeat.



9. BACK OF SHOULDER STRETCH

Place your right hand on your left shoulder. Gently pull your right elbow across your body towards your left shoulder. You should feel a stretch across the back of your right shoulder.



10. NECK STRETCH

Put your hands behind your back and grasp your left wrist with your right hand. Keep your shoulders relaxed and slowly tilt your head to the right. Using your left shoulder muscles, gently depress your left shoulder down towards your feet. A stretch should be felt in the left side of your neck.



11. FOREARM STRETCH-PALM UP

With your arm straight out in front of you and the palm facing upwards, gently pull your fingers back with your other hand. Do not let your shoulder rise up as you do this. A stretch should be felt on the inside of your forearm.



12. FOREARM STRETCH-PALM DOWN

With your arm straight out in front of you and your palm facing down, point your hand to the ground. Slowly pull the back of this hand towards you with your other hand. Do not let your shoulder rise up as you do this. A stretch should be felt on the top of your wrist and forearm.

For additional information or to set up a “Fit for Golf” presentation for your group, please contact Dr. John Ferguson at 518.383.5595 or via email: forlifetimewellness@yahoo.com
Visit us on the web at: www.ForLifetimeWellness.com