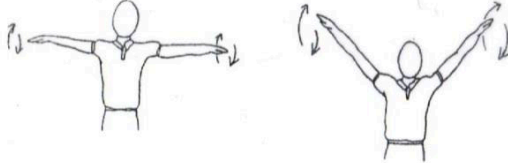
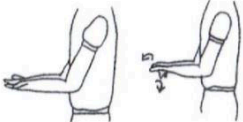

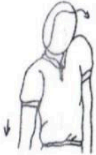
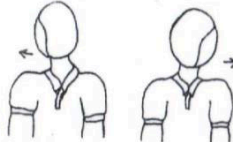
 <p>8. Shoulder Rolls</p> <p>Shrug shoulders backward and raise up to ears and roll forward dropping down in a circular motion. Repeat 10 – 15 times.</p>	 <p>9. Shoulder Rotations</p> <p>Arms raised to shoulder height. Arms make forward circles starting small and gradually increasing the arc of the circle. These rotations should be performed slowly and smoothly. Continue until three or four rotations are completed at your widest possible arc. Repeat rotating backward.</p>		
 <p>10. Golfers Elbow Stretches</p> <p>Arms hanging at sides with forearms and hands at 90 degrees to body, palms facing up, roll hands inward pointing your thumbs down toward the ground. Roll hands outward to return to the palms-starting position.</p>	 <p>11. Wrist Rolls</p> <p>Clockwise rotation of wrists slowly and smoothly. Repeat 5 – 10 times. Counter clockwise rotation.</p>	<p>12. Neck Side Stretch</p> <p>Allow your right shoulder and hand to drop towards the ground. Without forcing, allow your left ear to approach your left shoulder. Perform this slowly and smoothly (no bouncing). Alternate sides and repeat 5 – 10 times. Like the other warm ups in this section you should be in constant motion, alternating in movement to the left and right sides. Note this exercise can and should also be done as a stretch once warm up is complete. Breathe out while stretch is held for 20 - 30 seconds. Do both sides.</p> 	 <p>13. Neck Rotation</p> <p>Turn head SLOWLY and SMOOTHLY over one shoulder and then turn slowly over opposite shoulder. Absolutely no bouncing! Repeat 5 – 10 times. Note this exercise can and should also be done as a stretch once warm up is complete. Breathe out while stretch is held for 20 - 30 seconds. Do both sides.</p>

General Instructions:

All warm ups should be done slowly and without bouncing. If any warm up is painful, discontinue and see your health care professional. Proper breathing will facilitate your joint warm up. A breath in through your nose prior to your warm up and exhalation during your warm up is ideal.




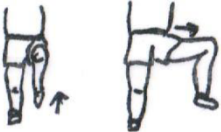




Feel free to vary the number of repetitions. The number of repetitions given for each joint warm up is based on Dr. Smith's experience of what is most beneficial in the least amount of time. Even a small amount of joint warm up is helpful. Remember, you do not get "out of shape" overnight so do not try to get "into shape" in one training session. It will not work. Anything worth having takes time to attain. If you are new to these exercises, or have had a vacation from them, start slow and easy. Be persistent. Try a little more each day. This is the key to steady and lasting results that you can take pride in and enjoy.

© Dr. Phil Smith has provided care to over 50 PGA tour players.

PART 1 – Joint Warm Ups

BENEFITS OF JOINT WARM UPS

1. Joint warm ups provide the oil like fluid which lubricates joints – creating maximum range of motion
Portability – warm ups can be done at home, office, hotel, on the driving range, in the garden

 <p>1 a) Standing ankle joint warm up</p> <p>With toes touching ground as centre point, rotate ankle clockwise in a circular motion 5 – 10 times and then again counter clockwise. Repeat on other ankle.</p>	 <p>1 b) Sitting ankle joint warm up</p> <p>Sitting on a bench, cross one leg over your knee in a “tailor’s” position. Hold on to your foot and rotate ankle clockwise in a circular motion 5 – 10 times and then again counter clockwise. Repeat on other ankle.</p>	 <p>2. Knee “Skiers Stretch”</p> <p>Both knees together. Hands on knees for support. Bend knees and perform semi-circle slowly and smoothly 10 – 15 times.</p>	 <p>3. “ Hip Dancers Stretch”</p> <p>Support for hands and for balance may be necessary. Bend one knee at a time and raise it as close to chest as possible then slowly and smoothly rotate away from body until knee faces a right angle to your body then slowly lower. Repeat 5 – 10 times.</p>
 <p>4. Pelvis/Lower Back “Hoola Hoop” Stretch</p> <p>Hands on hips. Clockwise motion. Repeat 5 – 10 times. Counter clockwise rotation. Repeat 5 – 10 times.</p>	 <p>Upper Back “Dancer’s Pose”</p> <p>Interlock hands above your head. Take a full breath in. Breathe out slowly and lift your hands towards the sky directly above your head.</p>	 <p>6. Whole Back “Star” Stretch</p> <p>Legs and shoulder width or greater apart. Start with your left hand over your head and your right hand reaching for the floor. Allow your head and neck to touch against the lower shoulder. Perform this warm up slowly and smoothly (no bouncing). Alternate sides and repeat 5 – 10 times. Like the other warm ups, in this section you should be in constant motion, alternating in movement to the left and right sides. Note: this exercise is also in the stretches section.</p>	 <p>7. Shoulder Shrugs</p> <p>Raise your shoulders toward your ears and hold for 2 – 3 seconds. After a feeling of mild tension is felt, release your shoulders allowing them to sink down towards your hips. Repeat 5 – 10 times.</p>