





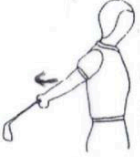



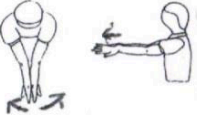


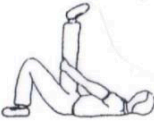





 <p>8) Cat Back Stretch On all fours, raise the middle of the back to create an arch. Allow your chin to drop toward your chest. Breathe out while stretching. Hold 15 - 30 seconds. Allow your abdomen and middle back to sink toward the ground raising your buttocks and head upwards. Breathe out while stretching. Alternate each stretch. Repeat 2 - 3 times.</p>	 <p>9) Hip Flexor "Fencer Stretch" From the all fours position, bring your right foot to rest just inside your right hand. Slide your left knee back as far as comfortable. Allow your pelvis to sink toward the ground & forward. Further stretch can be added by leaning over the raised knee while holding onto a golf club for balance. Breathe out while holding stretch 15 - 30 seconds. Alternate sides, stretching each side 2 - 3 times.</p>	 <p>10) Upper Back & Hip & Knee. Hold onto a fixed object and get into a squatting position with your arms outstretched. Breathe out while holding stretch 15 - 30 seconds. Stretch 2 - 3 times.</p>	 <p>11) Lateral Trunk Stretch Legs at 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 stretch slowly and smoothly (no bouncing). Breathe out while holding stretch. 15 - 30 seconds. Alternate sides, stretching each side 2 - 3 times.</p>
 <p>12) Torso and Shoulder Stretch Cradle arms and rotate slowly and smoothly to the right and left sides. This stretch should be felt in the back of the upper arms and side of torso. Breathe out while holding stretch 15 - 30 seconds. Alternate sides, stretching each side 2 - 3 times.</p>	 <p>13) Trunk Rotator Stretch Cradle arms as in last stretch and pull gently up and around. Lift both the torso and arm in this stretch. This stretch should be felt in the upper and lower trunk. Breathe out while holding stretch 15 - 30 seconds. Alternate sides, stretching each 2-3 times.</p>	 <p>14) Chest & Top of Shoulder Stretch With a golf club in your hands, using wide grip, bring your arms up, over and behind your head. Allow your hands to stretch as far behind your back as is comfortable. Breathe out while holding stretch 15 - 30 seconds. Repeat 2 - 3 times.</p>	 <p>15) Chest & Deltoid Stretch Hold a golf club with a wide grip, behind your buttocks. Allow your hands to stretch as far behind your back as is comfortable. Breathe out while holding stretch 15 - 30 seconds. Repeat 2 - 3 times.</p>
 <p>16) Shoulder "Back Scratch" Stretch Hold golf club behind you with one hand at neck level and one at low back level. Gently pull the bottom hand up toward your shoulder blades. Breathe out while holding stretch 15 - 30 seconds. Alternate sides, stretching each 2 - 3 times.</p>	 <p>17) Tricep Stretch Place your left hand on the back of your neck and right hand on your left elbow. Gently pull towards the back of your neck until a mild stretch is felt in the back of your right arm and side. Breathe out while holding stretch 15 - 30 seconds. Alternate sides, stretching each side 2-3 sides.</p>	 <p>18) Wrist Flexor "Praying Stretch" Place your hands together in a praying position. Slide your left fingertips down to the heel of your right hand. Press your left fingertips gently backward with the right hand until a stretch on the front of the left forearm is felt. Breathe out while holding stretch 15 - 30 seconds. Alternate sides, stretching each 2-3 times.</p>	 <p>19) Wrist Extensor "Fish" Stretch. Place the backs of your hands together with outstretched arms. Keeping the wrists together, make a loose fist and stretch hands to either side as far as is comfortable. Breathe out while holding stretch 15 - 30 seconds. Repeat 2 - 3 times.</p>

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

PART 2 – Stretching For Your Muscles

All stretches should be done slowly and without bouncing. If any stretch is painful, discontinue and see your health care professional. Proper breathing will facilitate your stretch. A breath in through your nose prior to your stretch and exhalation during your stretch is ideal. For maximum benefit, alternate stretching right and left sides and repeat each stretch three times. Both repetition and proper breathing are vital for improvement. The number of repetitions and length of time given to hold muscle stretches are recommendations based on the Dr. Smith's experience of what is most beneficial in the least amount of time. Even small amounts of muscle stretching are helpful. Feel free to vary the number of repetitions and length of time each warm up or stretch is done. 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.

 <p>1. Calf Stretch Stand at arms length from a solid support and rest hands or forearms on this. Place one foot 2-5 feet ahead of the other. Both feet face forward. The back foot stays flat on the ground and the back leg stays straight. The front knee bends slowly forward until a stretch is felt in the back calf muscle. To vary where the stretch is felt stand further away from the wall. Breathe out while holding stretch 15 – 30 seconds. Alternate sides, stretching each 2 to 3 times.</p>	 <p>2. Quadricep Stretch For balance use the support of a wall or golf club. To stretch the left quadriceps located on the front thigh, grab your left foot with your right hand. Slowly raise your foot upward, feeling the stretch in the front of the thigh. Note: the foot is held with the opposite hand to allow proper alignment between thigh and leg bones. Breathe out while holding stretch 15 – 30 seconds. Alternate sides, stretching each 2 – 3 times.</p>	 <p>3. Hamstring Stretch - Beginner While lying on a golf bench or ground bring one leg up. Hold the back of your leg and gently and slowly pull toward your head. The leg should remain straight (no knee bend). Breathe out while holding stretch 15 – 30 seconds. Alternate sides, stretching each 2 – 3 times.</p>	 <p>3. Hamstring Stretch – Advanced While lying on a golf bench or ground bring one leg up. Hold the back of your leg and gently and slowly pull toward your head. The leg should remain fairly straight. Breathe out while holding stretch 15 – 30 seconds. Alternate sides, stretching each 2 – 3 times.</p>
 <p>4. Standing Hamstring Stretch While standing, place your right foot 2 to 4 feet ahead of your left. Bend forward at the waist keeping your right leg straight. Allow your left knee to bend slightly. Allow your head to drop forward and down toward the ground. Place both hands on the ground for balance. Breathe out while holding stretch 15 – 30 seconds. Alternate sides, stretching each 2 – 3 times.</p>	 <p>5. Adductor and Low Back Stretch Sit on golf bench or ground with legs uncrossed and soles of feet together. Place hands on toes of feet and elbows on knees. Gently and slowly press elbows down stretching knees to the ground and round back forward. You should feel this on the inside of the thigh and low back. Breathe out while holding stretch 15 – 30 seconds. Do stretch 2 – 3 times.</p>	 <p>6. Low Back Stretch Lie on ground or golf bench. Bring knees up to chest and hold with hands. Breathe out while holding stretch 15 – 30 seconds. Do stretch 2 – 3 times.</p>	 <p>7. Hip and Low Back Stretch Lie on your back with your head and neck in a comfortable position. Bring your left knee to a bent position with your foot flat on the ground close to your buttocks. Rotate your left (bent) leg over your right leg (lying flat on the ground). Further stretch can be added by pulling the bent leg up and toward the ground. Also the head can be rotated away from the bent leg. Breathe out while stretching. Hold for 15 – 30 seconds. Do not force this stretch. Allow your body to release into the position. Repeat 2 – 3 times each side.</p>

Benefits of Muscle Stretching

- 1) These stretches are scientifically designed to help prevent injuries and maximize your physical performance. The stretches can be done at home, office, hotel, on the driving range and in the garden
- 2) A muscle that is tight is a muscle that is weak. Adding length to a muscle adds strength to that muscle. It's as simple as that.
- 3) Full, easy and pain free motion in your golf swing.