

## **Dynamic Golf Stretches (Pre-Round Warm-up)**

Dynamic stretching is useful before competition and has been shown to reduce muscle tightness. More recent scientific studies seem to suggest that dynamic stretches before competition are preferable to static stretches. All exercises below should have 5 second holds and be done 5-10 times.

### **Standing Cat & Camel/ Pelvic Rotation**

Begin in your address position, arms across chest. Tuck the pelvis under then arch the back, creating a rocking of the pelvis into anterior and posterior positions and return to a neutral spine

### **Trunk Rotation/ Vertical and Horizontal Axis**

Standing in your address position, bring the palms together. Inhale as you rotate from the core and bring both arms back. Mimic the backswing then follow through with a stop at the address position. Try the same exercise at chest to shoulder height twisting the trunk and keeping the arms in parallel to the ground.

### **Standing Hip Stretch**

Use a golf club for assistance with balance. Place one ankle on the outside of the opposite knee. Inhale as you bend your stance knee, sitting back as if you are sitting on a chair. Bring the chest toward the shin, rolling the shoulder blades together. Reverse legs.

### **Shoulder Rotation Stretch**

Place a club or towel in your right hand, palm facing the ceiling, bring the right arm over your head and the right palm behind your back. Bring your left arm behind your back and clasp the club or towel. Move the club up and down your back stopping when you feel a stretch and squeeze the club together. Switch to the other side.

### **Upper Trapezius Stretch**

Bring the right ear toward the right shoulder. Inhale as you press your left arm toward the floor, exhale and relax the left arm. Switch to the left side

### **Standing Shoulder Blade Stretch**

Bring the club to shoulder height, bend your knees and tuck your pelvis under. Inhale as you press your arms away from you, tucking your chin into your chest. Exhale, lift the head and squeeze the shoulder blades together.

### **Wrist Extension/Flexion**

Stand with your right arm extended straight out. Pull back your fingers with the other hand until you feel a stretch in your forearm. Hold for 10 seconds and repeat with the other wrist. Now push down the fingers with your opposite hand until you feel a stretch on the top side of your forearm. Hold for 10 seconds and repeat with the opposite wrist.