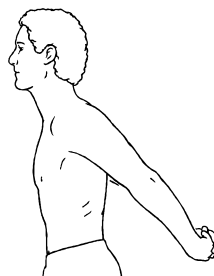




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Chest / Bicep Stretch

Lace fingers behind back and squeeze shoulder blades together. Slowly raise and straighten arms. Hold 30 seconds.

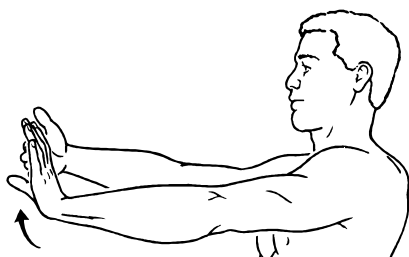


Posterior Capsule Stretch

Gently pull on left forward elbow with other hand until stretch is felt in shoulder. Hold 30 seconds. Repeat on other side.

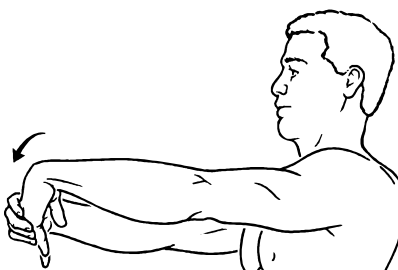


Wrist Flexor Stretch



Keeping elbow straight, grasp left hand and slowly bend wrist back until stretch is felt. Hold 30 seconds. Repeat on the opposite side.

Wrist Extensor Stretch



Keeping elbow straight, grasp left hand and slowly bend wrist forward until stretch is felt. Hold 30 seconds. Repeat on opposite side.

Golf Stretches: Shoulder External Rotation



Standing with your feet shoulder width apart, grasp a club with your lower hand, extend your arm behind your back. With your other hand behind your back, keep your arm bent and your elbow up, with your palm forward. Pull gently downward. Hold 3-5 seconds. Switch arms and repeat. Repeat 5-10 times. Complete one session per day.

Golf Stretches: Shoulder Internal Rotation



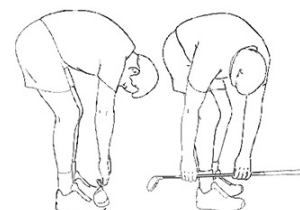
Standing with your feet shoulder width apart, grasp a club with one hand and palm forward. Extend your arm above your head and put your other hand behind your back. Keep your arm bent and your elbow down. Pull upward gently. Hold 3-5 seconds. Switch your arms and repeat. Repeat 5-10 times. Complete one session per day.

Golf Stretches: Trunk Rotation



Standing with your feet shoulder width apart, hold a club behind your shoulders. Rotate one direction, keeping your feet flat. Hold for 1 second. Repeat on the other side. Repeat 10-15 times. Complete one session per day.

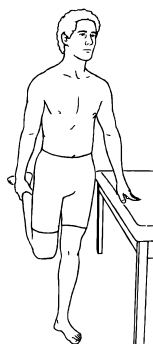
Golf Stretch: Forward and Side Bending



While standing, put your feet shoulder width apart and try to touch your toes. Hold for 5-10 seconds. Straighten up, then bend over and try to touch the side of your foot. Hold for 5-10 seconds. Repeat on the other side. Repeat 2-3 times. Complete one session per day.

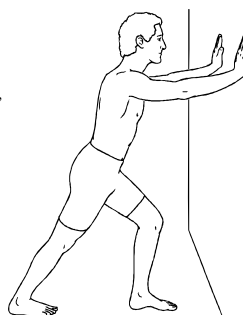
Stretching: Quadriceps (Standing)

Leaning on a bench or your golf club, pull your right heel toward buttock until stretch is felt in front of thigh. Hold for 30 seconds and repeat on the opposite side.



Stretching: Gastroc

Find a tree or wall to lean against and then stand with right foot back, leg straight, forward leg bent. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in calf. Hold for 30 seconds and then repeat on the opposite side.



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