



RISE

REHABILITATION &
PERFORMANCE CENTRE

RISErpc.com

Golf Cool Down / Movement Restoration

Restore Movement/ Promote Tissue Recovery		
Forearm Flexion/Extension	See Video Below	2 x 10 Seconds Both Sides
Cross Body Shoulder Stretch	See Video Below	2 x 15 Seconds Both Sides
Twisted Prayer Lat Stretch	See Video Below	3 x 15 Seconds Both Sides
Open Books	See Video Below	2 x 10 Seconds Both Sides
1 Leg Hamstring Stretch	See Video Below	2 x 20 Seconds Both Sides
Seated Glute Stretch	See Video Below	3 x 15 Seconds Both Sides
Half Kneeling Hip Flexor Stretch	See Video Below	3 x 15 Seconds Both Sides
Hip Drops	See Video Below	5 x 5 Seconds Both Sides