

# STANDING STRETCHES & FUNCTIONAL MOVEMENTS

## FOR GOLF

It's very important to stretch and warm-up before any physical activity. Here are some stretches and functional movements to do before your game, to reduce injury and help improve performance. \*\*\*Remember to hold each stretch for 15 seconds.

**NECK STRETCH - SIDE TO SIDE**



**NECK STRETCH - EAR TO SHOULDER**



**NECK STRETCH - NECK CIRCLES**



**WRIST & FOREARM STRETCHES**



**SHOULDER STRETCH - ARMS BEHIND BACK**



**SHOULDER STRETCH - CLUB BEHIND BACK**



**SIDE STRETCH - CLUB OVERHEAD**



**SIDE STRETCH - CLUB OVERHEAD ROTATION**



**HAMSTRING STRETCH**



**ABDUCTOR STRETCH**





STANDING...

**QUAD STRETCH**



**CALF STRETCH**



**WRIST/FOREARM ROTATIONS**



**UPRIGHT ROTATIONS**



**UPRIGHT ROTATIONS WITH TILT**



**SQUAT WITH OR WITHOUT OVERHEAD**



**LUNGE - 4 DIRECTIONS**



**UPPER BODY ROTATIONS**



**LOWER BODY ROTATIONS**



**GENTLE SWINGS - FORWARD & BACK**



TO LEARN MORE ON GOLF STRETCHES OR TO WATCH THE FULL VIDEO  
GO TO <http://www.mcplus.ca/stretches.html>

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