

Golf Stretches - warm up before you tee off



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Why do it?

Interestingly, what does a pro golfer do? He or she stretches, practices putting for around 30 minutes, warms up hitting with various clubs for another 30 minutes, maybe finishes off with some more putts, then finally heads off to the tee.

What do most of us do? Arrive at the golf course, unload our clubs, have a couple of practice air-swings and then go to the first tee and hit the cover off the ball! I wonder why we don't feel warmed up until the 3rd or 4th hole...

While we don't all expect to play like a pro (even if we'd like to...) we do want to make the most of the playing time we do get. We want to perform as well as we can, maybe get our handicap down, and certainly avoid niggling injuries or worse, affecting our game or even into our working week. Regular stretching exercises such as those suggested below, performed regularly and properly, will increase range of motion, power, and help achieve all the things I just listed. Give them a try, or recommend them to your golfing friends.

1. Neck rotations-

Stand tall and relaxed, drop your chin towards your chest. Roll your head gently toward one shoulder in a semicircular motion, pause, then roll it back to the front and around to the other shoulder. Continue this for 30 seconds.

2. Arm swings ("huggers")-

Stand tall and hold your arms out to the sides. Bring your arms across the front of your chest simultaneously as though you are hugging yourself. Then take them out to the sides again. Repeat this for 30 seconds.



3. Trunk rotations with a club-

Stand with a shoulder width stance and place a golf club across your shoulders (behind your head), holding it at each end. Bend at the waist slightly with your knees slightly bent, as though you're addressing the ball for a swing. Now rotate your trunk from side to side, aiming to get the ends of the club in front of you each time. Repeat for 15 to 20 swings.



4. Side bends with a club-

Again stand with a shoulder width stance and a club across your shoulders as above. Tilt your trunk down to one side so the club end points towards the ground. Don't bend forwards or backwards. Hold this stretch for 3 seconds then do the same on the other side. Complete 8 to 10 stretches on each side.



5. Leg swings-



Again stand with your feet shoulder width apart and standing tall. Holding onto something if you wish, swing one leg forwards and backwards gently. Don't swing so far that your upper body has to lean over. Repeat for 10 full swings and then do the same for your other leg.

You can find this article at

<http://www.physioworkswa.com.au/golf-warm-up.html>