

Golf Injuries

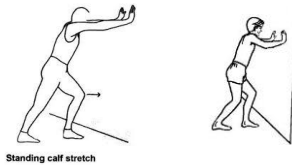
For more information on all types of injuries visit:
<http://www.cssphysio.com.au/forpatients.html>



Stretching for Golf

You should always warm-up before a round of golf or a hit at the driving range. See 'Warming-up for Golf'. Regular stretching is also recommended. Here are some suggested stretches. You could include these in your warm-up, or perform them as part of a regular flexibility programme. Stretch to the point of strain, not pain, and hold each stretch gently for 30 seconds unless otherwise stated. Repeat 5 times.

1. Calves:



Standing calf stretch

2. Hamstrings and back. Hold 10 seconds, keep lower back straight. Feel gentle stretch through gluts and back of thigh.



3. Quadriceps



4. Gluts. For standing glut stretch, hold 5-10 seconds.



5. Low back arching. Hold 5 seconds



6. Low back side-bend each side. Hold 5 seconds.



7. Mid back



8. Shoulders – across body



9. Shoulders – triceps.



10. Shoulders & chest



11. Neck – turn side to side, holding 5 seconds each time.



12. Neck - bend side to side and gently increase stretch with your hand. Hold 5 seconds each direction.



Please contact us if you would like a printable copy of this document.

Information on physiotherapy management of injuries is available at:

<http://www.cssphysio.com.au/forpatients.html>

Concord Sport & Spine Physiotherapy
202 Concord Road
Concord West, NSW 2138
Sydney, Australia.

Ph (02) 9736 1092

Email: info@cssphysio.com.au

Web: www.cssphysio.com.au

Copyright © 2014 Paul Monaro. All Rights Reserved

