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Golf Stretch Card

Keep this card in your golf bag, and make sure to do them all both before and after each round to optimize flexibility for the round and decrease risk of injury. Perform each of these stretches for 20-30 seconds, 3 times per side, unless otherwise indicated.

1. Groin Stretch - With feet 2-3 feet apart, keep right leg straight, and lean left, over your bent left leg, slowly lowering into the stretch. You should feel the stretch along the inside of your leg and groin. Repeat on other side.



2. Shoulder Stretch with Club - Hold the club behind your back, vertically as shown. Use the right hand to pull up on the relaxed left arm. Then, using the same hand position, use the left hand to pull the right hand down and behind the neck. Move your hands closer on the club as you are able, to increase the stretch. Repeat with left hand on top.



3. Trunk Rotation - Place the club in the small of your back as seen in picture. Slowly rotate your upper body, keeping feet planted and hips facing forward. Start to your right, hold for three seconds, then to your left and hold again. Then, slowly rotate right to left to the end range. Repeat five times on each side.



4. Tricep/Back of Shoulder Stretch - Place your right hand on your left shoulder. Using the left hand, pull your arm across your body by holding your elbow. You should feel a stretch across your tricep and the back of your shoulder on the right side. Repeat on the other side.



5. Lateral Trunk Stretch - Put your right arm behind your neck, and hold with your left hand (see picture). Keeping the hips facing forward, bend to the side. This stretch should be felt in the shoulder, upper arm and/or the side of the trunk. Repeat on the other side.



Courtesy of Catherine Striowski

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Strength Training

1. External rotation, w/ Elastic

Secure elastic to door frame at elbow height. When holding the band across your body as in the picture, the band should come perpendicular to the wall. Keep your elbow bent at 90 degrees and touching your side at all times. Rotate your arm against the resistance in a slow and controlled manner. You will feel the exercise in the back of your shoulder. Repeat for each side. 20-30 times



2. Internal rotation, w/ Elastic

Using the elastic in the same position as above, but using the opposite arm, pull the elastic across your chest. Again, make sure that your elbow is bent at 90 degrees and kept against your side. You will feel the exercise in the front of your shoulder. Repeat for each side. 20-30 times



3. Leg Lifts in Bridge

Lie on your back with your hips and knees bent. Cross your arms across your chest. Tighten your abdominal muscles and lift your pelvis off the ground by tightening your buttock and leg muscles. Hold for 3-5 seconds, then return to starting position. Straightening one leg at a time while you are bridging will increase exercise intensity. Fatigue will be felt in buttock, quads and abdominal muscles. 20-30 times



4. Back Swing Ab Training

Place the elastic in the door frame at about mid-thigh height and ensure it is fastened securely. Move away from the door until you can feel resistance when you are in the set up position. Hold the handle like a normal club and ensure you are in proper position. Start your back swing by tightening abdominal muscles to rotate your arms, shoulders and upper body **AS ONE UNIT**. Elbows should not bend, and hips should not move. The resistance will prevent movement after only a small motion. Return to start, then repeat 10-20 times. In order to be effective, you must focus on abdominal recruitment on every repetition.



5. Down Swing Ab Training

Face the opposite direction from the last exercise. Again, rotate the upper body as one stable unit, but this time in the down swing direction. The hands should reach the front foot before resistance prevents motion. Repeat 10-20 times and remember, to focus on abdominal recruitment for each repetition.

