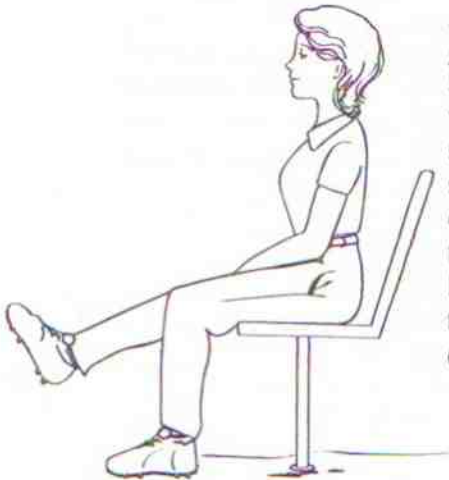




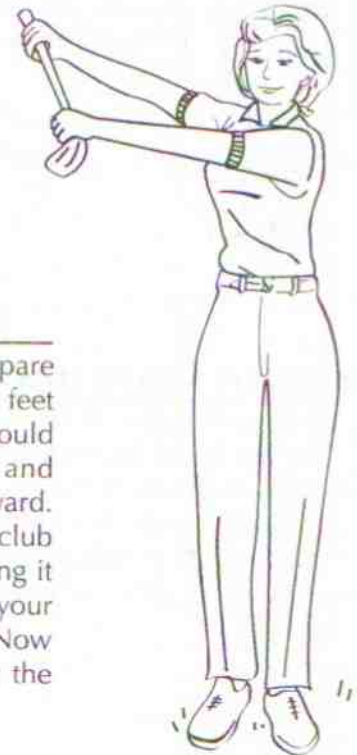
# Stretches to Keep You Fit For the Fairway

Do these exercises in a smooth, controlled manner (no quick, forceful, or jerking movements!).



## HAMSTRINGS STRETCH

Sit up tall and concentrate on holding your spine in a straight line. Gradually straighten your right knee until you feel a stretch (pull) behind your right thigh. For even more of a stretch, flex your toes toward you as you keep your leg straight. Hold the position for 10 seconds, and then relax. Repeat the exercise five times on each leg.



## TRUNK AND SHOULDER STRETCH

This twisting motion helps you prepare for a full swing. Begin with your feet comfortably apart. Your knees should be eased and slightly flexed and kneecaps should face directly forward. Place hands at opposite ends of club and hold club horizontally, bringing it to shoulder level. Slowly rotate your upper body toward the right. Now slowly rotate to your left. Repeat the exercise five times each way.



## BACK AND HIP STRETCH

Stand facing a bench. Put your right foot on the bench and lean forward from the waist. Bring your chest down toward your right knee. When you feel a stretch in your lower back, hold the position for 10 seconds, and then relax. Repeat the exercise five times on each leg.



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# Back on Course

Tips for Keeping Your Back Feeling "Up to Par"



## LIFTING YOUR BAG

When getting your clubs in and out of the car, slide the clubs close to you. This will help protect your back by decreasing the distance required to reach your golf bag. Remember these tips whenever you lift your clubs: Move the bag close to your body; stand with your feet apart, one foot slightly ahead of the other; bend your knees slightly; face the clubs squarely to avoid twisting your back; and lift the golf bag slowly, without jerking. (Remember to balance the clubs evenly on both arms.)

## CARRYING YOUR BAG

Carry your golf clubs close to your body, not out to the side. To reduce back and shoulder stress, consider carrying your bag over both shoulders while walking or alternate sides when carrying your clubs.



## TYING YOUR SHOES

When tying your golf shoes, sitting is the most stable position. If you stand, place one foot on a support so you don't have far to reach and bend.

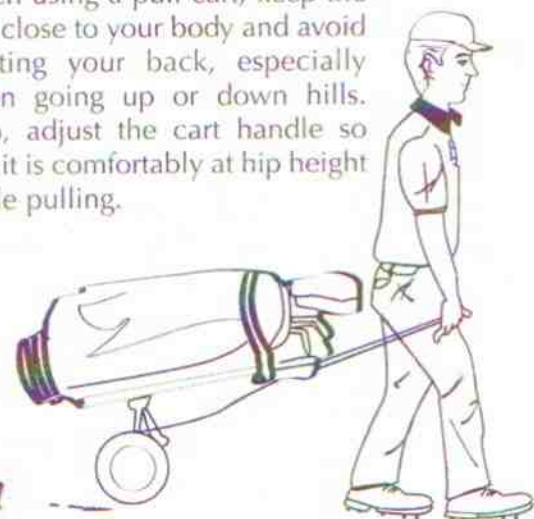


## PICKING UP YOUR GOLF BALL

When picking up your golf ball, get close to the ball and bend forward from the waist and hips. Also, keep your knees bent. If you have limited motion in either your back or hips, or if you have long legs in relation to your trunk, bend your knees further to protect your back. Also, consider leaning on your club as you straighten to a standing position.

## PULLING A CART

When using a pull cart, keep the cart close to your body and avoid twisting your back, especially when going up or down hills. Also, adjust the cart handle so that it is comfortably at hip height while pulling.



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