

Golf Stretching Routines

Flexibility is very important to be able to swing the club functionally and efficiently. The goal of the golf swing is to create effortless power and having good flexibility is key for that. When executing these stretches it is important not to do them with 100% effort. If you do, you run the risk of pulling or tearing a muscle. These stretches are designed to be done with a **maximum of 75% - 80% effort**. Here are a series of stretching routines that are golf specific and are designed to increase your flexibility. All of these stretches can be done using a golf club and takes about 15 – 20 minutes total.

UPPER BODY STRETCHES

Shoulder Opener – This stretch is designed to stretch the ligaments in your shoulder joint. Take the club and put it behind your shoulder where your bicep meets your shoulder. With your opposite hand, pull the club forward, opening your shoulder joint up. Repeat for both shoulders.



Forearm Rotation – Hold the center of the club in your hand with your arm extended away from you about chest high. Rotate the club in both directions several times. Repeat with the other arm.



Full Swing Stretch – This is a combination stretch and warm up routine. Take your club and place it behind you right in the small of your back. Hold the club with both hands and “swing” back and forth. Use the pressure of your hands on the club to stretch further than you are use to. This stretch can also be done with the club across the back of your shoulders.



Downward Standing Dog – This is a little piece of yoga that will help with your golf game. Using the club as a balance rod, place both hands on one end, and with your legs locked bend forward trying to get your head and chest through your arms like the gentleman on the right. Do this twice with the hands exchanging positions on the club.



Lower Body Stretches

Hip Flexor Stretch – The role of the hip flexor in the golf swing is to help you rotate your hips through impact and get them to face square to the target. This stretch will help you keep your hip flexors nice and loose. Start with your golf club in between your feet with your feet in your driver's stance. We want a wider stance for this. Then slowly squat down as best you can. The goal is to get your hips below your knees. Once you have squatted as low as you can, rock your legs to the left and right as this will engage your hip flexors.



Hip Rotator Stretch – The Hip Rotator also plays a role in being able to powerfully rotate your hips properly through impact. To do this stretch we use the golf club as a balance rod, lift your opposite knee up into your chest and then open it outward. Repeat with the other leg.



Piriformis Stretch – This stretch is designed to stretch the muscles surrounding your hip joint, specifically your piriformis. Using a golf club as a balance rod, place your ankle on your opposite knee and squat down. Try to maintain bent leg at a 90 degree angle to your other leg.



Hamstring and Achilles Stretch – This is a two part stretch to work both your hamstrings and Achilles. Place the golf club up against your hip joint and push backwards causing you to bend over. Make sure to keep your back straight. You should begin to feel your hamstrings stretch (fig A.). When you have bent over as far as you can, reach down with your arms (fig B). This will work your Achilles tendons.



Quad Stretch – Again using a golf club as a balance rod on the opposite side, lift one leg backwards and grasp with your hand. The point of this stretch is not to get your foot as close to your thigh as possible. Rather you want to feel the pressure your foot places in your hand to effectively stretch your quadriceps. Repeat with the other leg as well.

