

## #4 Side Bending Stretch

Stand with feet shoulder width apart. Hold the golf club above your head with your arms straight. Slowly bend to one side, without rotating, until you feel a stretch along the side of your back. Hold 15 seconds. Repeat 2 times each side.



Feel the stretch  
in your arms  
and torso

Doctors of Chiropractic are trained in the prevention, diagnosis and treatment of muscle and joint injuries associated with sport and recreational activities.

To find a chiropractor near you contact:  
**The Canadian Chiropractic Association**  
1-877-222-9303 or 416-585-7902  
[www.ccachiro.org](http://www.ccachiro.org)



or the

**College of Chiropractic Sports Sciences (Canada)**  
[www.ccssc.ca](http://www.ccssc.ca)



# Get in the Game Without the Pain

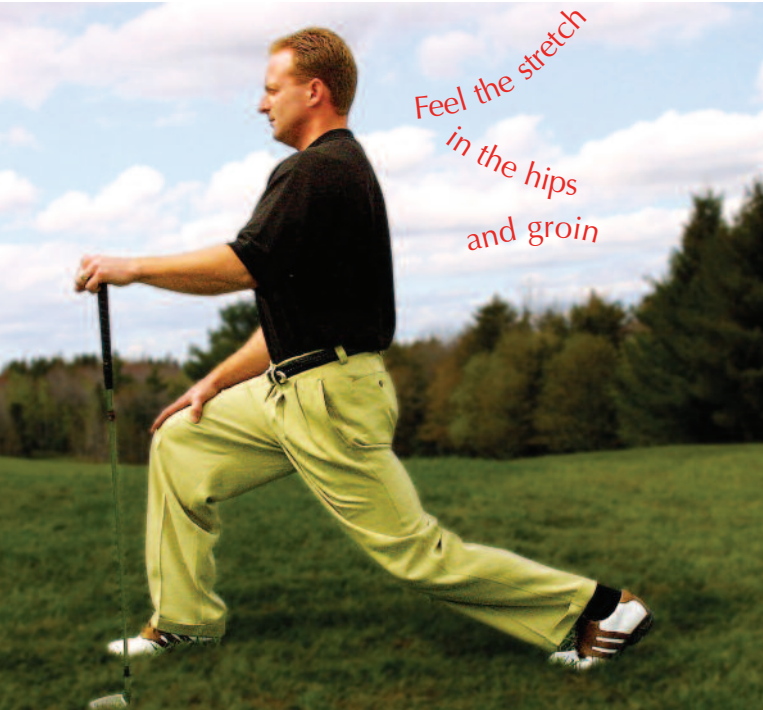
Four easy stretches  
for golfers



The Canadian Chiropractic Association

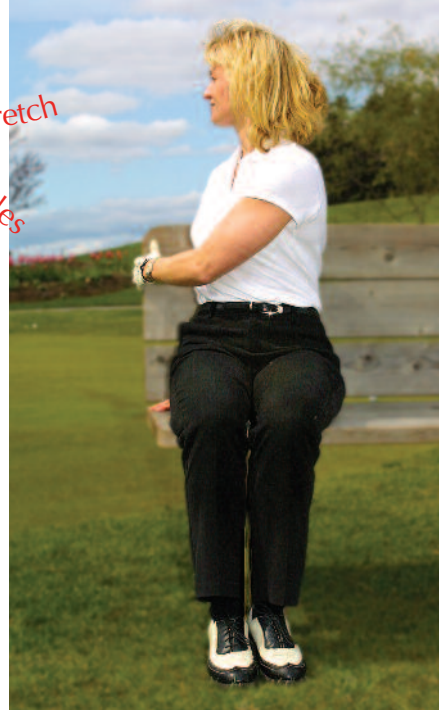
## #1 Hip Flexor Lunge

Stand with your feet shoulder width apart. Step one foot forward into a *lunge* position. Keep your body upright and back straight. Bend both knees so that you feel the stretch. Do not let your forward knee pass over the ankle of your front foot. Use a golf club to keep your balance. Hold 15 seconds. Repeat 2 times each side.



## #2 Seated Twist

Sit on a bench or golf cart with your knees together and feet flat pointing forward. Reach across the front of your body and grasp the back of the bench or cart. You should experience a stretch in your spinal muscles. Hold 15 seconds. Repeat 2 times each side.



## #3 Seated Forward Bend

Sit on a bench or golf cart, knees bent and feet flat. Place one ankle onto your opposite knee, and relax this leg so that your knee falls out to the side. Slowly bend forward, keeping your back straight. You may gently pull on your bent knee to generate a deeper stretch. You should feel a stretch in your buttock area. Hold 15 seconds. Repeat 2 times each side.

