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## Pre Round Golf Stretching Program

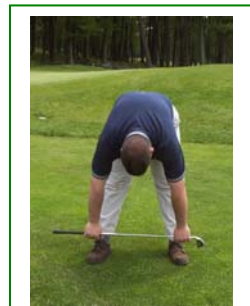
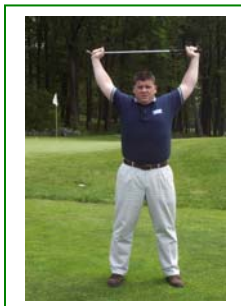
### Swing Warm Up

Take out your 7 iron. Take  $\frac{1}{2}$  swings to begin with. No more than 20 total. The swings start out at  $\frac{1}{2}$  swings, yet progress to full swings, then to full over swings. This will help to warm up your swing.



### Trunk Warm up

Continue to use your 7 iron. Make sure that you hold each stretch for 20 seconds, and repeat it 2-3 times. This is a good overall trunk stretch.



## Upper Body Warm Up

Hold each for 20 seconds, repeat 2-3 times. This will help with upper trunk rotation and upper body stretching.



## Use of the Golf Cart to Stretch

Continue to Hold each for 20 seconds, repeat 2-3 times each. Good for lower body and trunk stretching.



**Call TODAY for more information in regards to our Golf Rehab or Golf Enhancement Programs at 978-466-6677**