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Pre Round Golf Stretching Program

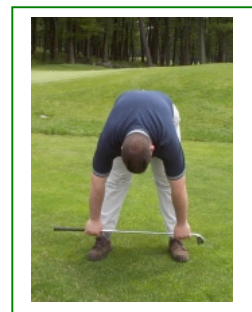
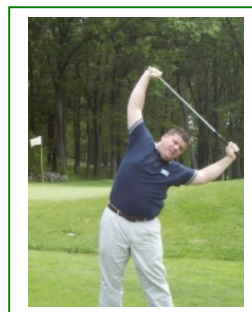
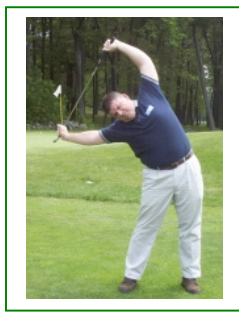
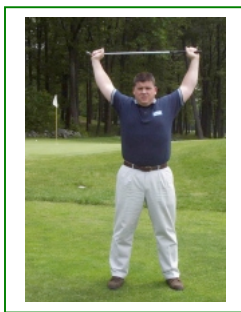
Swing Warm Up

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.



Contact us TODAY for more information in regards to our Golf Rehab or Golf Enhancement Programs.

Call (978) 649-2592

Or

Email john@ramseyrehab.com