



# **BEST STRETCHES FOR SENIOR GOLFERS**

## **FREE TRAINING GUIDE**

# Hamstrings



Stretching should be carried out after warming up and not before. Warmer muscles are much more responsive to stretching and cold muscles can be easily injured.

Begin with a jog or even a brisk walk, to increase the heart rate and blood flow throughout the body.



The backs of your thighs can become stiff and sore, due to long periods of sitting and standing.

Kneel on your left leg and stretch the right leg out in front of you. Extend your right arm inside your right leg & bend forward from the waist. This provides a safe & isolated stretch of your right hamstring. Hold the stretch for 1 minute & repeat on the other side.

# Hip Flexors



The hip flexors also tighten with long periods of sitting and this can really affect posture throughout the golf swing.

Sit on the floor and cross your legs in front of you. Don't worry if you can't cross them fully, just do the best you can.



Bending forward from your waist, reach your arms forward, attempting to place your forearms on the floor. This is extremely difficult to achieve for most and is a fantastic stretch for the hip flexors. Hold for 1 minute or more if you can. Don't worry if you can't stretch for a whole minute, work your way up to it.



# Hip Rotation



Without sufficient rotation in the backswing, you are not storing enough of your potential energy. Additionally, if your hips fail to turn through impact and beyond, the arms and hands will inevitably control the clubface. This often results in poor directional control as well as loss of potential clubhead speed.



Sit with your legs stretched out straight and wide. Place both hands on the floor behind you. Choose 1 hip to mobilise and stretch your heel on that side as far away from you as possible. At the same time, draw your toes towards you and detract your hip joint.



Next, rotate your flexed foot inwards and outwards, using your full range of motion. You should feel as if you are unscrewing your hip joint. Continue for 30 seconds, then repeat with the other leg. Most find external rotation easier than internal rotation. This exercise will improve the range of motion of your hips effectively.



Challenge the hip joint with 3 more 'positions', while rotating your foot in dorsiflexion. After 30 seconds on each side, repeat the process with your hands in front of you. Next, fold the sole of 1 foot against the other inside leg. Finally, cross 1 foot over the other leg and again, rotate the foot in dorsiflexion.





# Back Mobility



As you have discovered, rotation is a strong theme for improving mobility for golf. The back must be able to rotate both in the backswing and throughswing for the best performance and for reducing the chance of injury.

'Open Books' are great for improving the rotation for your back and torso.



Lie on one side, with your knees up to 90° and stretch your arms together out in front of you. Keeping your knees together, rotate your upper arm all the way around and try to touch the floor behind you. Hold for a couple of seconds, then return your arm to the start. Complete 10-15 reps and then repeat lying on your opposite side.

## Thoracic Rotation



This is really key, because if your upper back isn't particularly mobile, then your lower back will likely compensate. This can lead to injury, as the lumbar region is designed to be comparatively stable. Take a position on all fours, supported on your fists, rather than your palms, thus protecting your wrists.



Place one hand behind your head. Rotate your torso and stretch your elbow up as high as you can. Hold for a couple of seconds, then rotate your elbow right down, under you and past your opposite knee. Perform 10-15 reps, really feeling the stretch in your upper back. Repeat with your opposite arm.



# Shoulder Rotation



The ability to externally rotate the shoulders is crucial for controlling swing plane.

Stand with your elbows at your sides, your forearms in front of you, with your palms up. Keeping your elbows connected to your side, rotate your forearms outwards and hold for 2 seconds. Feel a good external stretch in both shoulders. 10-15 reps.



This exercise can also be performed with a light resistance band. The resistance shouldn't be too strong, as this is designed to increase mobility, as well as stability. Repeat the exact movements as above but this time holding the resistance band with both hands for added benefit.

# Neck Mobility



With all the time many players spend on their phones these days, it's no wonder we often wake up with a stiff neck. Poor cervical rotation can substantially reduce body rotation in the swing, thus reducing power output. Star Patterns are a great neck mobiliser and are easy to perform.



Whilst standing, slowly look up, stretching up as you can. Hold for 2 seconds, then look down, again feeling the stretch. Repeat this motion 4 times. Next tilt your head side to side 5 times, again very slowly. Then, turn your head left and right. The final stretch is in a diagonal movement, from down to your armpit, then up to the opposite side.



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