

Pre-Golf Warmup

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Neck Circles | 30 seconds in each direction

Drop your chin down to your collar bone, then rotate your head in a circle, bringing your ear to your right shoulder, up to the sky, to your left shoulder, then down at the floor. Repeat for 30 seconds and then switch directions.



Neck Rotation | 60 seconds

Turn your head to the left and hold for 2 seconds, then to the right and hold for 2 seconds. Continue for 60 seconds.



Torso Rotation with Club | 60 seconds

Stand in a 5-iron posture with your feet shoulder-width apart, and a slight bend in your knees and waist. Hold the club in front of your shoulders with crossed arms, and keeping your hips steady, rotate your shoulders from side to side. The end of the club should point forward at the biggest point of the stretch.



Side Bends with Club | 60 seconds

Stand with your feet shoulder width apart. Hold the club on your shoulders behind your neck. Keeping your back straight, bend to your left and hold for two seconds, then to the right and hold for two seconds. Make sure you're not bending forward or backward as you bend from side to side.



Shoulder Circles | 30 seconds per direction & side

Do small shoulder circles for 30 seconds, first clockwise and then counter clockwise.



Toy Soldiers | 60 seconds

Walk forward, kicking one leg and then the other in front of you while keeping your back and knees straight. As you kick, reach your arm on the same side, aiming to touch your toes to your fingers. Flex your toes toward your body as you kick.



High Knees Walk | 60 seconds

Walk around where you are, and with each step, grab your leg just below the knee with both hands and pull it as close to your chest as possible, feeling a stretch in the glute. Hold the stretch for a second and then release and take the next step.



Reverse Lunge Calf Stretch | 60 seconds

Stand with feet shoulder-width apart and step back with one leg. Keep your back knee straight with your heel on the ground as you bend your front knee and drop into a slight lunge. Hold for a moment and then switch legs, alternating legs for 60 seconds. Hold onto a wall or chair if you need to.

