

4 MINUTE COOLDOWN FOR GOLF

Stretches to help recover and prevent injury. Brought to you by the expert team at Active Health+



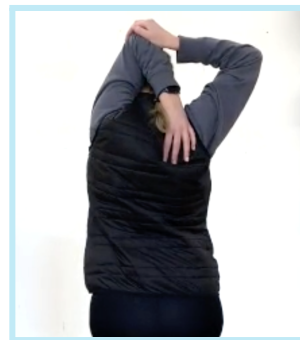
WITH ACTIVEHEALTH⁺

For best results, try and do these exercises within half an hour of completing your golf session. A Sports Massage can also help – find out more [here](#). As with any exercises, **remember to keep breathing** whilst you're stretching!

SHOULDERS:

Overhead Shoulder Reach:

pull elbow to increase stretch - hold 30 sec, repeat both sides



Crossbody Shoulder Stretch:

Reaching across the front of the body, use the other hand to hold the arm close. Hold for 30 seconds

4-5 repetitions of each exercise, each side

BACK:

Child's Pose With Twist:

From child's pose (knees under you, sitting back on your heels, arms reaching forward onto the ground), reach arms forward and walk hands to one side



Repeat 4 times to each side.

Upward Facing Dog:

Lie face down, keeping your lower body on the floor. Push yourself up and, keeping your arms straight, extend into the back, pushing your hips towards the ground.



Hold for 10 seconds

Downward Facing Dog:

Release to the floor and come back up into downward dog position, lifting hips towards the ceiling and pushing heels towards the floor.

Bending alternate knees, walk the feet 10 times each side



LOWER BACK:

Lumbar Rotations:

Lying flat on back and keeping shoulders pinned to the floor, bend one knee, lift and bring it across the body towards the floor on the opposite side.

Hold for 10 seconds, repeat on both sides



HIPS/ LEGS:

Hip Stretch:

Lying on the floor with left knee bent and the foot on the floor, bring the ankle of the right leg to the opposite knee, with the right knee pointing outwards. To add a further stretch, hold onto the left leg, pull towards yourself to stretch into the gluteal muscles.

Hold for 10 seconds, repeat on the other side.



Hamstring Stretch:

With left leg bent and foot on the floor, raise the right leg as straight as possible and hold behind the thigh or calf.

Hold for 10 seconds and repeat with the other leg.



Roll Downs:

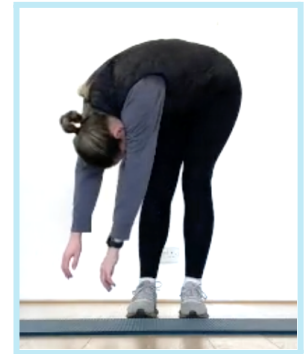
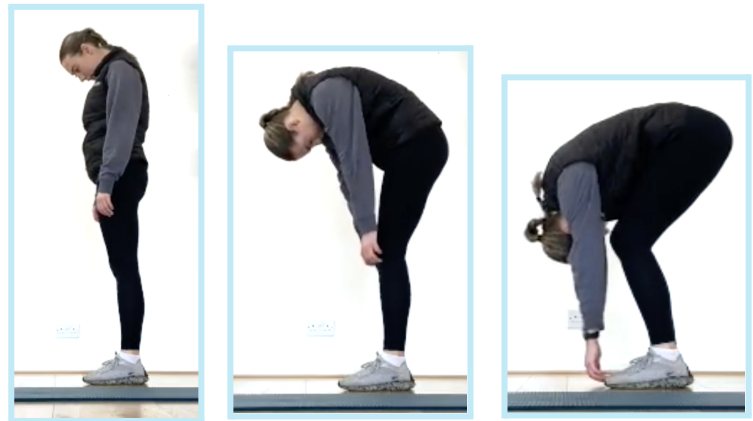
Standing with feet hip width apart, slowly roll down one vertebrae at a time, starting with dropping your chin to your chest.

Keep peeling down slowly until your hands are close to, or touching the floor.

Hold for 5 seconds letting the head go heavy.

Once there, rotate at the waist, drawing a rainbow shape with your hands.

Return to centre and slowly return to standing by rolling back up.



ACTIVEHEALTH⁺

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You will find an ever-growing golf resource page at activehealthsolutions.co.uk/golf

For a range of sport specific injury prevention, maintenance and recovery services, contact our team on 028 9042 1188

We have clinics in both Bangor and Hollywood, Co.Down and our experienced team is looking forward to helping you get back on (the) course!

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