

First Tee Stretches for Golfers

Manger-Harrington Physical Therapy, PC (www.mhpt.com)

Hip Flexor and Calf Stretch



Hamstring and Back Stretch



Quadriceps Stretch



Chest and Abdominal Stretch



Triceps and Shoulder Stretch



Shoulder Stretch



Chest, Abdominal And Lat Stretch



Trapezius Stretch



Levator Stretch



Scalene Stretch



Neck Stretch



Hand and Wrist Flexor Stretch



Hand and Wrist Extensor Stretch



Remember, when stretching you should not “bounce” the stretch rather make it smooth and prolonged for 15 seconds or more for each stretch. Repeat each stretch 2-3 times and be sure to stretch each time you play.