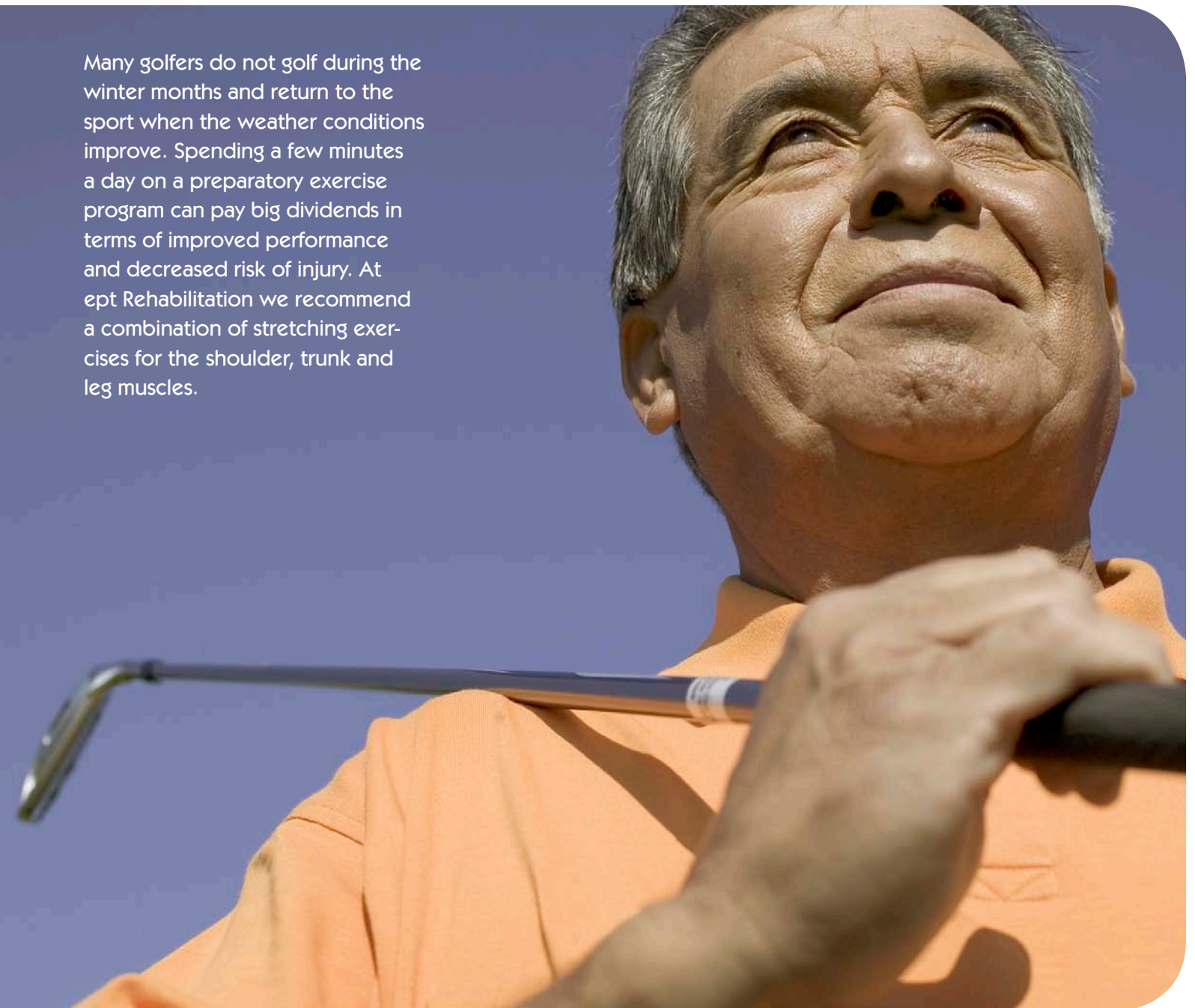


HOW DO I GET IN SHAPE FOR GOLF SEASON?

Many golfers do not golf during the winter months and return to the sport when the weather conditions improve. Spending a few minutes a day on a preparatory exercise program can pay big dividends in terms of improved performance and decreased risk of injury. At ept Rehabilitation we recommend a combination of stretching exercises for the shoulder, trunk and leg muscles.



Prevent Golf Injuri

ROM Exercise for Shoulder Flexion (using pole)

Grasp the pole with both hands as shown, and raise both arms up until a stretch is felt in your shoulders.

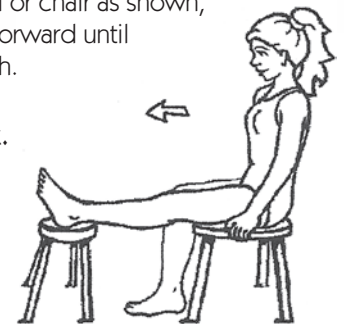
HOLD: 10 seconds
REPEAT: 5 times
SESSIONS PER DAY: 2



Seated Hamstring Stretch

With foot positioned on stool or chair as shown, straighten the knee and lean forward until a stretch is felt in back of thigh.

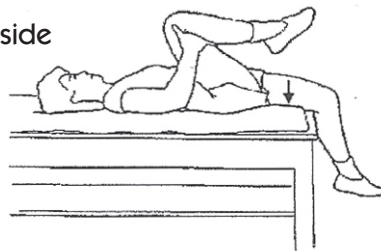
HOLD: 10 seconds. Relax.
REPEAT: 5 times
SESSIONS PER DAY: 2



Hip Flexor Stretch in Supine

Begin with both knees bent, hanging off the table as shown. Slowly pull one leg to the chest as shown.

HOLD: 10 seconds
REPEAT: 5 times each side
SESSIONS PER DAY: 2



Gastrocnemius Stretch

Position one leg behind the other, point the toes slightly outward and keep the knee straight. Gently lean into the wall until a stretch is felt in calf.

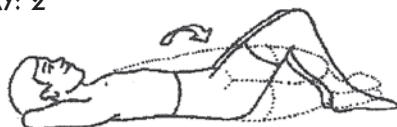
HOLD: 10 seconds
REPEAT: 5 times
SESSIONS PER DAY: 2



Lower Trunk Rotation Stretch

Keeping shoulder blades flat on floor and feet together, rotate knees to one side until a stretch is felt in trunk.

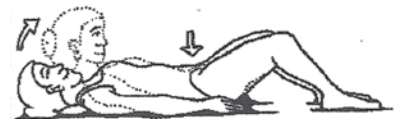
HOLD: 10 seconds
REPEAT: 5 times each side
SESSIONS PER DAY: 2



Abdominal Crunch (beginner)

With arms at sides, tilt pelvis to flatten back, then raise your head and shoulders off floor about 3 inches.

REPEAT: 15 times
SESSIONS PER DAY: 2



Diagonal Abdominal Crunch (beginner)

With arms at sides, tilt pelvis to flatten back. Then raise head and shoulders off floor while rotating to one side. Alternate sides.

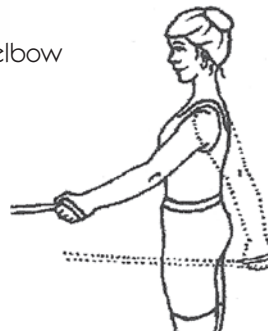
REPEAT: 15 times
SESSIONS PER DAY: 2



Resisted Shoulder Extension (tubing)

Using rubber tubing, keep elbow straight while pulling arm backward as shown.

REPEAT: 15 times
SETS: 2
SESSIONS PER DAY: 2



Standing Bilateral Ankle Plantar Flexion

Raise heels off floor as high as possible.

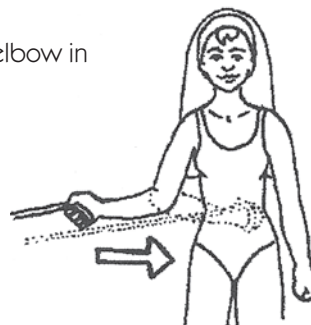
REPEAT: 15 times
SESSIONS PER DAY: 2



Resisted Shoulder Internal Rotation (tubing)

Using rubber tubing, keep elbow in at side while you rotate arm inward across body.

REPEAT: 15 times
SETS: 2
SESSIONS PER DAY: 2



Resisted Shoulder Flexion (tubing)

Using rubber tubing, begin with arm at side and pull forward and upward as shown.

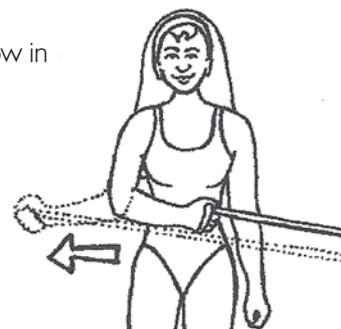
REPEAT: 15 times
SETS: 2
SESSIONS PER DAY: 2



Resisted Shoulder External Rotation (tubing)

Using rubber tubing, keep elbow in at side while you rotate arm outward away from body.

REPEAT: 15 times
SETS: 2
SESSIONS PER DAY: 2





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