

CHEST STRETCH OVER BALL



Note! This stretch can also be done from the standing position with the Swiss Ball resting against the wall and your hands supporting the back of your head/neck.

Instructions:

- Sit on the ball.
- Slowly walk your legs forward as you gradually, lower your head and torso back onto the ball --- Your head, upper back and shoulders should be comfortably supported on the ball.
- Perform a 'neutral' pelvic tilt.
- Squeeze your shoulder blades down and back into the ball.
- Slowly reach your arms up and out into the 'double tray' position (roughly 90°/90° position).
- **Hold** this gentle stretch position for **10 full swing visualizations** – OR – until you feel a complete melting/softening of the initial stretch across the front of your chest and shoulders.
- You may increase the stretch by rolling your upper body farther back over the ball slightly and/or reaching your arms farther over head.
- Repeat **1-3 times** per day as needed.

Purpose:

- Releases chest and shoulder tightness, reduces rounded upper back, forward-tipped shoulders and forward head.
- Improves address posture position.
- Improves middle spine rotation potential (better shoulder turn)
- Reduces injury predisposition for neck, shoulders, elbows, wrists, and lower back when playing golf.