

SIDE ROTATION STRETCH



(Picture A)



(Picture B)

Instructions:

- Lie on your side with both hips and knees bent to the 90°/90° position, a pillow/towel stack between your knees, and a pillow supporting your head and neck.
- Place both hands together in front of your chest (Picture A).
- Inhale, then, slowly exhale as you rotate your upper torso back and reach one arm behind you as far as possible.
- As you rotate, be sure to maintaining a stable pelvis, hips and leg position, until you feel a comfortable stretch in your chest, shoulder, spine and/or hips regions (Picture B).
- **Hold** this gentle stretch position for **one full swing visualization** – OR – until you feel a complete melting/softening of the initial stretch.
- As the stretch feeling gradually releases, you may be able to rotate your upper torso back farther into a new stretch position.
- You may also perform this same stretch by placing one hand behind your neck and then rotate back.
- Repeat **1-3 times** per day for both sides as needed.

Purpose:

- Releases tightness in your chest, shoulder, spine and hips.
- Improves rotation mobility potential in your spine and hips during the full golf swing.
- Reduces strain and injury potential in your spine, hips and shoulders during the complete golf swing.