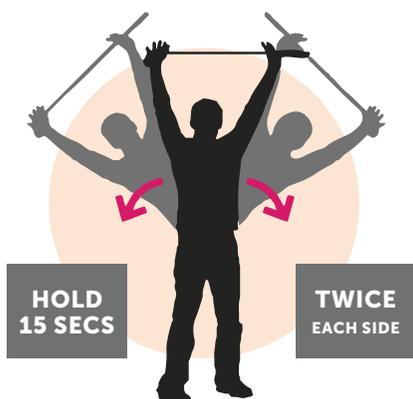


# Get in the Game Without the Pain

As warmer weather approaches, golfers can't wait to get to the first tee. But twisted postures, the torque of the swing and forgetting to warm-up can cause unnecessary injury.

## SIMPLE STRETCHES

Here are a few easy stretching techniques that can help you get in the game without the pain. For help developing a warm-up and stretching routine that's right for you, consult your chiropractor.



### SIDE BENDING STRETCH

Stand with feet shoulder-width apart. Bend to one side without rotating until you feel a stretch in the side of your back.



### QUADRICEPS STRETCH

Keep your thighs together, and your knee pointing toward the ground. Pull your abdominal muscles in and maintain a straight back.



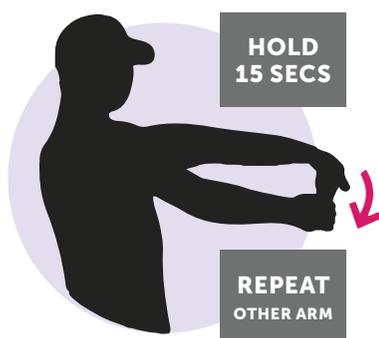
### HAMSTRING STRETCH

Stand with feet shoulder-width apart. Reach your hands towards the sky. Then, bending at the waist, reach toward your toes.



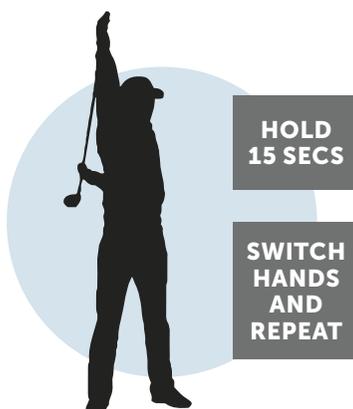
### KNEE TO CHEST TRETCH

Stand with feet shoulder-width apart. Using both hands, pull one knee into your chest. Repeat with the other knee.



### FOREARM STRETCH

With your arm straight out in front of you and palm facing down, gently pull fingers back with other hand. Next, with your arm straight out in front of you and palm facing upwards, gently pull fingers back with other hand. Do not let shoulder rise up.



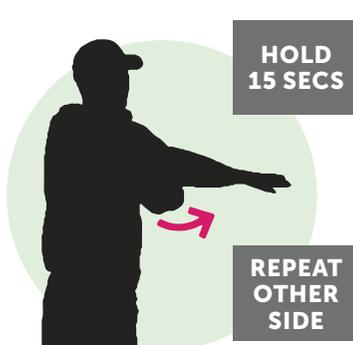
### SHOULDER STRETCH

Hold the shaft of a club behind your back. Gently pull the club up with your top hand until you feel a slight stretch in the shoulder of your lower arm. Next, gently pull the club down with your bottom hand until you feel a stretch in the top shoulder and arm.



### SQUAT

Start from standing position with feet shoulder-width apart. Squat down, trying to keep your heels flat on the ground.



### BACK OF THE SHOULDER STRETCH

Place your left hand on your right shoulder. Gently pull your left elbow across your body toward your right shoulder.



If you experience back pain that lasts more than two or three days, call your chiropractor for an evaluation. To find a chiropractor near you, go to [www.chiropractic.on.ca](http://www.chiropractic.on.ca).



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