



Kneeling Hip Flexor Stretch

Purpose:

Reduces forward-tipped pelvis, reduces excessive lumbar lordosis and/or pelvic torsion.

Benefit:

Enables improved neutral pelvic position throughout swing.

Instructions:

Place a golf club behind spine with one leg on floor and the other in a 90° bent position. Once in position, begin pelvic tilt so that the back runs along the club shaft. Hold position to feel the stretch in front of the leg you are kneeling on, to increase stretch move your upper body more forward, keep spine straight against club during stretch

Quantity:

Hold _____ side(s) _____.

