



Straddle With Rotation Stretch

Purpose:

To release thoracic spinal rotation tightness and hip tightness.

Benefit:

Improve trunk and hip rotation during backswing and follow through.

Instructions:

Place one leg on side of swiss ball and one leg on other side of swiss ball. Place golf club across shoulder blades, keeping lower body stable, rotate to one side. Stretch should be felt in lower/middle back and hips.

Quantity:

_____ minutes

