

## 8 SIMPLE GOLF EXERCISES FOR A PAIN-FREE ROUND

Welcome to the game of golf, where the gentle breeze blowing across the course often carries a distant murmur of swear words.

Since its inception sometime in the Middle Ages, golf has inspired obsession. Some players are lured by the refined aura of the sport, the sweeping links and velvety greens. Others are obsessed with golfing gear - the latest drivers and fancy putters. Whereas Lagos Health Chiropractic Clinic Manager Geoff simply enjoys driving around in the golf cart!

Championship golfer and course designer Ray Floyd once said, "They call it golf because all the other four-letter words were taken."

If your elbow aches from continually swinging your club, or you've put your back out by just bending down to pick the ball out of the hole, then some care from the friendly (and knowledgeable) team at Lagos Health Chiropractic will have you back on the driving range in no time. Remember though, in any event, if you experience pain that lasts longer than two or three days, call Dr Wen at Lagos Health on 282 768 044 for an evaluation!

However, perhaps a few exercises before you next swing your clubs again may actually prevent an injury from happening in the first place...and that's got to be a good thing!

Take a look at these 8 simple stretches that you can do while you're in the queue at the first tee...



**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 STRETCH**  
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**  
Face your left hand on your right shoulder. Gently pull your left elbow across your body toward your right shoulder.