



## QUICK REFERENCE SHEET:

### RATIONALE FOR STRETCHING

The below information is an excerpt from Paul Chek's book.

REFER TO PAUL CHEK'S 'THE GOLF BIOMECHANICS MANUAL' FOR MORE DETAILS

MOVEMENT	RATIONALE FOR STRETCHING
Neck Rotation	If you are restricted in neck rotation, you most likely have to take your eyes off the ball momentarily during the back swing. This may result in faulty clubface angle at impact.
Shoulder External Rotation Tightness * (Rotator Cuff)	If you have external rotation tightness in the right shoulder, your follow-through will be restricted. External shoulder rotator in your left shoulder will result in restriction of your backswing.
Pec Minor & Major (Chest)	Tightness in the pectoralis muscles in the right shoulder, can contribute to restriction of your backswing. Tightness in the pecs can also contribute or exacerbate impingement syndrome of the shoulder.
Thoracic (spinal) rotation	Restricted spinal rotation will result in excessive internal shift and rotation of the hips during both the backswing and follow-through. The shoulder is often overused to compensate for the restricted spinal rotation.
Hip Flexors (Front of Hip)	Tight hip flexors can limit your ability to achieve a full backswing, reducing your ability to turn the trunk. Tight hip flexors have been recognized as the most common cause of muscle imbalance, often causing the lower abs & H/S to lengthen thus weaken while the low back muscles shorten and tighten with the hip flexors. This is a frequent finding in golfers with low-back pain.
Hamstrings (Back of Thigh)	Short hamstrings frequently affect your address posture. When the hamstrings are short, the pelvis cannot rotate forward to maintain an optimal working relationship with the spine. This result in excessive flexion (forward bending) of the low back and often the entire spine. When the lower back and/or middle back are forced to bend more than normal, secondary to short hamstrings, your rotation is limited. Limited rotation reduces your ability to achieve optimal length/tension relationships and lost distance is a common byproduct.
Latissimus dorsi (Muscles under your armpit)	A short left latissimus dorsi will disrupt your backswing while shortness in the right latissimus dorsi will distort your follow-through.

\*Keep in mind, some stretches may not be included in "The Core Essentials Program for Golf". Some stretches may cause more harm than good, (without supervision) which is why I omitted some stretches. This does not discount the value of such stretches. I will ultimately choose the correct stretches after an overall assessment is conducted (if you are local [Boston, Massachusetts]).