

Golf Stretching Exercises For Shoulders

To achieve a more consistent swing, golf stretching exercises for shoulders can help. The main restriction for golfers at the top of their swing is their shoulders. Primarily the rotator cuff of the back shoulder (ie. the right shoulder for a right-handed golfer). Golf stretching exercises specific for your shoulders will get you to the top of your swing consistently and with little effort. Overhead Golf Stretching Exercises Since the top of the backswing is above your head, it is critical to implement golf stretching exercises that are above your head. There are many simple stretches you can do with your hands clasped or by grabbing a golf club with your arms extended and take it overhead. Doing stretches like this consistently will make a dramatic improvement on your ability to get to the top of your backswing consistently. This position will make it much easier for you to come down in a mechanically correct position virtually every time. Rotator Cuff Stretches The rotator cuff muscles are the most common to get injured with golfers. Why? Because the requirement to get to the top of your backswing takes a high level of rotator cuff flexibility and if you don't have it, the rotator cuff gets overused and injured. External (outward) rotation of the back shoulder (ie. the right shoulder for a right-handed golfer) is a must. With any restriction in this area, it is impossible to get to the top of your swing without tension. Backswing Stretches For Golf Along with rotator cuff is backswing stretches.

About the Author

Discussion on exercise, which is planned, structured, and repetitive bodily movement that improves or maintains one or more components.

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