








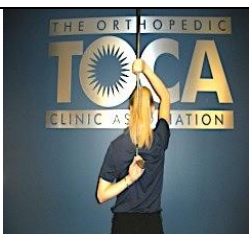
	<p>Stand, grasping your club overhead. Slowly sidebend to either side, being careful of alignment.</p> <p><i>Hold for 10-15 seconds. Repeat 2-3 times to each side.</i></p>
<h2>Pre-golf Stretching Regimen</h2>			<p>In address position, hold the club behind each shoulder. Slowly rotate upper trunk as if swinging, Hold at end of motion.</p> <p><i>Hold for 3-5 seconds. Repeat 5-10 times in each direction</i></p>
	<p>Keeping elbow straight, gently pull down on back of hand to stretch top of forearm.</p> <p><i>Hold 15-20 seconds. Repeat 2-3 times each side.</i></p>		<p>Place foot on cart or bench with knee extended, slowly bend forward maintaining an erect posture.</p> <p><i>Hold for 15-20 seconds. Repeat 2-3 times each side.</i></p>
	<p>Keeping elbow straight, gently pull back on fingers to stretch forearm.</p> <p><i>Hold for 15-20 seconds. Repeat 2-3 times each side.</i></p>		<p>Cross legs with ankle on opposite thigh, slowly lean forward holding crossed knee slightly elevated compared to foot, stretching the hip and buttock. Maintain an erect spine.</p> <p><i>Hold 15-20 seconds. Repeat 2-3 times each side.</i></p>
	<p>Hold club behind back with the palms of both hands facing away from you. Slowly raise your arms behind you while keeping elbows straight.</p> <p><i>Hold for 15-20 seconds. Repeat 2-3 times.</i></p>		<p>Standing in a staggered or lunge position, slowly lean forward to stretch the front of the thigh and hip. Maintain an erect spine and perform stretch while contracting the lower abdominals and buttocks.</p> <p><i>Hold 15-20 seconds. Repeat 2-3 times each side.</i></p>
	<p>Reach across and grasp opposite elbow. Gently pull across chest, feeling a stretch in the back of the shoulder.</p> <p><i>Hold for 15-20 seconds. Repeat 2-3 times each side.</i></p>		<p>Standing with toes on an elevated object or with heel off step, slowly lean forward or lower heel downward with knee straight to stretch the calf. Repeat with knee slightly bent.</p> <p><i>Hold 15-20 seconds. Repeat 2-3 times each side.</i></p>
	<p>Hold club in hand with club hanging off the back of the arm parallel to forearm. Grasp club with opposite hand and slowly raise forward, feeling stretch in front of shoulder.</p> <p><i>Hold for 15-20 seconds. Repeat 2-3 times each side.</i></p>	<p>tocamd.com</p> <p>TOCA</p> <p>602-277-6211</p> <p>For your nearest location</p>	