

Mayo Clinic Minute – Dynamic Golf Warmup TRT: 1:04

JOHN ZAJAC, P.T., D.P.T. PHYSICAL MEDICINE & REHABILITATION Mayo Clinic	Hi, my name is John Zajac. I'm a golf physical therapist for the Mayo Clinic. Don't let shoulder or back pain cut your game short. Let's try these stretches.
Cut to graphic of the 3 stretches	A dynamic warmup prepares your muscles and joints for the rotational demands of your swing. By increasing blood flow and improving range of motion.
John on camera. Dynamic hip flexor stretch demonstration.	And here we have the active dynamic hip flexor stretch. Recommended 10 to 15 repetitions per side. Make sure we get both sides.
John on camera. Upper back stretch demonstration.	Take a golf club. Put it across your shoulders. Get into your golf stance. And now actively rotate, keeping your pelvis still. While we're preparing your trunk for the first tee.
John on camera. Arm circle stretch demonstration.	Now that we got our low back and our trunk warmed up, let's get our arms loose. We can start by doing arm circles forward and backwards. And make sure we go across our body.
John on camera. Close	I can't guarantee that the stretches will improve your golf score. But they will prepare you for the first tee. Have a great golf season.
News Network graphic	For the Mayo Clinic News Network. I'm John Zajac.