





## POSTURE CORRECTION EXERCISES

### At Home

<p><b>Scapula Control Against Wall</b> Stand against a wall with your heels touching the wall. Tighten your lower abdominal muscles so your spine is held in a stable position, tuck your chin in so that your head rests against the wall and draw your shoulder blades back and down with the back of your arms and hands resting on the wall. Hold for 10 seconds</p> <p>Repeat 10 times</p>	
<p><b>Thoracic Spine Towel Stretch</b> Roll up a towel and lay back with it positioned across your shoulder blades. Place hands behind head to increase the stretch. Stay in this position for up to 10 minutes if able.</p>	

### At the Course

<p><b>Hip Flexor/Side Stretch</b> Holding a club overhead, lunge forward. Maintaining your height, stretch to the side away from the back leg. Hold 45 seconds each side</p>	
<p><b>Shoulder Blade Squeeze – Golf Posture</b> Standing in your golf posture, place a club behind your shoulders and squeeze your shoulder blades together. Hold 10 seconds, repeat 6 times.</p>	
<p><b>Shoulder Blade Squeeze</b> Stand up straight with your arms by your side, keeping your arms still, squeeze your shoulder blades back and down. Hold 10 seconds, repeat 6 times</p>	