



CAPTA NEWS

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There's a difference you can feel.

www.capitolphysicaltherapy.net

The Golf Swing and Preventing Shoulder Injury

-Continued-

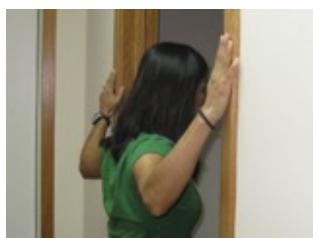
Stretching and Strengthening

By Maria Carroll, PTA, CGFI



←Stretching the subscapularis.

Strengthening the rhomboids. →



←Stretching the pectoralis major.

Strengthening the serratus anterior. →



↑ Stretching the upper trapezius.



↑ Strengthening the lower trapezius.



↑Strengthening the middle trapezius.

Hold each stretch 20-30 seconds repeat x 3.

Perform each strengthening 3 sets of 10 reps.

If you would like to set up an appointment with us to begin golf rehabilitation please call 517-323-0593.

