

## FAIRWAY FLEX

### GOLFER'S ELBOW PROTOCOL



#### Exercise 1: Forearm Flexor Stretch

**Sets: 1 | Reps: 3 | Time: - | Rest: 30sec | Freq: Daily**

**Start:** Begin seated or standing. Extend one arm in front of body at shoulder level, with palm facing upward. Grasp fingers with opposite hand.

**Movement :** While grasping fingers with opposite hand gently pull downward until stretch is felt in forearm. Hold for 20-30 seconds. Repeat for prescribed repetitions and sets.



#### Exercise 2: Forearm Extension AROM

**Sets: 3 | Reps: 10 | Time: - | Rest: 30sec | Freq: Daily**

**Start:** Begin in a seated position and place both palms together in a prayer position with elbows pointed out to the sides.

**Movement :** Slowly rotate the forearms forward so that fingers point forward. Once end range of motion has been reached, rotate forearms towards the body so that the fingers are pointed towards the body. Once end range of motion has been reached, return to the start position.



#### Exercise 3: Towel Twist

**Sets: 3 | Reps: 20 | Time: - | Rest: 30sec | Freq: Daily**

**Start:** Begin seated, or standing, and grasp a rolled towel with both hands.

**Movement :** Flex one wrist downward while other wrist simultaneously extends upward. Movement is similar to wringing out a towel. Reverse movement and repeat for prescribed repetitions.

## FAIRWAY FLEX pg.2

### GOLFER'S ELBOW PROTOCOL



#### Exercise 4: Grip Strengthening

**Sets: 3 | Reps: 20 | Time: - | Rest: 30sec | Freq: Daily**

**Start:** Utilizing hand putty or a soft ball in palm of hand, grasp so that pads of fingers are firmly holding putty ball.

**Movement :** Squeeze ball using the pads of fingers. Release and repeat for prescribed repetitions.



#### Exercise 5: Flexion with Dumbbell

**Sets: 3 | Reps: 20 | Time: - | Rest: 30sec | Freq: Daily**

**Start:** Begin seated with forearm placed on thigh. Grasp dumbbell. Wrist should be slightly extended with palm facing up

**Movement :** Flex wrist upward while maintaining forearm/thigh contact. Slowly return to start position and repeat for prescribed repetitions and sets.



#### Exercise 6: Scapular Retraction Arms Low

**Sets: 3 | Reps: 10 | Time: - | Rest: 30sec | Freq: Daily**

**Start:** Begin standing in good posture. Shoulders should be back and head up.

**Movement :** While maintaining good posture, draw shoulders back squeezing shoulder blades together. Elbows should straighten slightly. A stretch may be felt in chest and front of shoulder. Do not allow shoulders to raise upward. Hold for 5-10 seconds. Repeat for prescribed repetitions and sets.