

10 Stretches for the First Tee

Cindy Reid Golf

首球前的十个拉伸动作

Many golfers don't stretch adequately prior to teeing off. Perform these 10 stretches while waiting to tee off. Do all stretches 3 times, holding each approximately 15 seconds.

许多高尔夫球手开球前没有做充分的拉伸。那么，等待开球前请进行以下10个拉伸动作。所有拉伸动作做3次，每次大约保持15秒钟。

1 NECK SIDE BENDING (FOR UPPER TRAPEZIUS):

- Stand tall with your ears over your shoulders.
- With eyes facing forward, slowly bend your neck to the side until feeling a comfortable stretch on the other side.
- Think of it as trying to bring your ear to your shoulder.
- You can give slight overpressure with the hand you are bending toward.
- Repeat on both sides.

颈部侧弯 (针对上斜方肌):

- 昂首站立，耳朵位于肩膀正上方。
- 双眼正视前方，颈部慢慢向侧边弯曲，直到感觉到另一侧舒服的拉伸。
- 想象尝试将耳朵带向肩膀处。
- 颈部向侧边弯曲时，可用手轻微施加压力。
- 两侧重复。

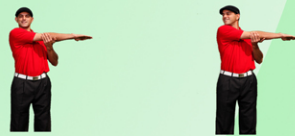


2 SHOULDER AND NECK ROTATION STRETCH (FOR ROTATOR CUFF):

- Turn your palm up and reach across with your hand to grasp your opposite elbow.
- Bring the arm parallel to ground. Pull the arm across your body.
- Stretch as far as you can without rotating your torso from the waist.
- The stretch should be felt in the back and outside of your shoulder.
- Then turn your head and look over the shoulder you are pulling to stretch the neck as well.
- Repeat on other side.

肩膀和颈部旋转拉伸 (针对肩关节旋转肌群):

- 掌心向上，用手抓住另一只手的肘部。
- 手臂伸直平行于地面，拉伸超过你的身躯。
- 想象从肩膀上取下一块肉并拉下。尽可能多地拉伸。
- 肩膀和肩膀外侧应该感觉到拉伸。
- 然后转动头部看向肩膀，以此拉伸颈部。
- 另一侧重复。



3 CHEST STRETCH (STRETCHES CHEST AND FRONT OF SHOULDERS):

- Raise both your arms to 90 degrees in relation to your body, bend both of your elbows to 90 degrees, and keep your palms facing away from you.
- Slowly move your arms backwards and slightly downward, while squeezing your shoulder blades back, together, and down.
- You should feel a stretch in the front of your shoulders, as well as, a tightening of your upper back muscles.
- Don't let your shoulders shrug up or let your head lean forward with this exercise.

胸部拉伸 (拉伸胸部和肩膀前部):

- 双臂双臂，与肩的身体成90度角，然后两个手臂向上弯曲90度，保持掌心朝外。
- 向后并稍向下慢慢地移动你的手臂，同时，收紧上背部肩膀骨一起向后及向下移动。
- 你应该感觉到肩膀前部得到拉伸，以及上背部肌肉收紧。
- 做这个拉伸动作时不要耸肩，也不要前倾头部。



4 ELBOW PRESS (STRETCH DEEP CHEST AND SHOULDER ROTATORS):

- Hold a club across the front of your chest with your hands holding on to the end of the club.
- Press your elbows forward until you feel a deep shoulder stretch.

手肘推进 (拉伸胸部深层肌肉和肩部旋转肌):

- 双手抓住球杆的两端，将球杆横置于胸前。
- 两个手肘向前推进，直到感觉到胸部得到深度拉伸。



5 FOREARM STRETCH (STRETCH WRIST FLEXORS/ EXTENSORS):

- Hold a club with your hands about shoulder width apart with your palms facing down.
- Slowly bend your wrists downward until you feel a moderate stretch in the top of your forearms.
- Then turn your palms up and slowly bend your wrists downward until you feel a moderate stretch in the underside of your forearms.

前臂拉伸 (拉伸腕屈肌/伸展肌)

- 双手分开握杆，间距与肩同宽，掌心朝下。
- 慢慢向下弯曲手腕，直到你感觉到前臂上表面得到适度的拉伸。
- 然后掌心向上，并慢慢向下弯曲手腕，直到你感觉到前臂下表面得到适度的拉伸。



6 FULL SIDE STRETCH (STRETCH LATERAL ABDOMINALS AND INTERCOSTALS):

- While standing, hold a club overhead and keep your elbows straight.
- Slowly bend to your side until you feel a comfortable stretch.
- Only bend to the side. Don't twist or bend forward, and keep your head in line with your body.
- Repeat to other side.

体侧全面拉伸 (拉伸侧腹部和肋间肌)

- 直立，单手持杆，并保持你的手臂伸直。
- 慢慢侧弯，直到感觉到舒服的拉伸。
- 只是侧弯，不要扭曲或向前弯曲，让头部跟身体保持在同一平面。
- 另一侧重复。



7 HAMSTRING STRETCH (STRETCH BACK OF THE THIGH):

- Place your feet together, then drop one foot back while keeping both hands on the club.
- Stand up tall, and keep your lower abdominals tight.
- Bend slightly forward from your hips until you feel a stretch in the back of your leg.
- DO NOT bend forward from your back or reach toward your foot with your hands.

腿筋伸展 (拉伸大腿后部):

- 双脚并拢，然后单脚后退，同时保持双手握杆。
- 挺胸抬头，保持下腹部收紧。
- 从你的臀部开始，上半身慢慢地稍微向前弯曲，直到感觉到大腿后部得到拉伸。
- 不要从你的臀部开始向前弯曲，也不要让手触碰到脚。



8 CALF STRETCH:

- Make sure you can hold onto your club for support and balance.
- Stand tall and slowly lower your heels off the edge of the step until you feel a comfortable stretch in both calves.
- Always keep your toes forward, not pointed in or out.

小腿肌肉拉伸:

- 确保你可以使用球杆作为支撑物，保持平衡。
- 昂首站立，慢慢降低站在台阶边缘的脚跟，直到你感觉到小腿肌肉得到舒服的拉伸。
- 保持你的脚尖向前，不要指向内侧或者外侧。



9 QUADRICEPS STRETCH (STRETCHES FRONT OF THIGH):

- Stand with proper posture and keep your lower abdominals tightened.
- Slowly bend one knee and grab your ankle with your hand. (Be sure to use the hand on the same side as the leg you're stretching)
- Slowly pull your foot toward your buttocks until you feel a moderate stretch in the front of your thigh.
- Try to keep the knees side by side with this exercise. Do not bend over on the opposite hip or from your back, because this only puts excess strain on the back.

股四头肌拉伸 (拉伸大腿前部):

- 正确站立姿势，并保持下腹部收紧。
- 慢慢向后弯曲膝盖，用手抓住脚踝。(确保借助手使其与拉伸的大腿同侧)
- 慢慢将脚拉向臀部，直到感觉到大腿前部得到适当的拉伸。
- 做这个练习时，试着让膝盖保持并排。不要弯曲超过另一侧臀部，也不要从臀部弯曲，因为这只会给背部带来过多的压力。



10 FULL BODY ROTATION (STRETCH TRUNK ROTATORS/ MULTIFIDI):

- Take your driver and hold it behind your head across your shoulders with both hands. If you are unable to do this without straining or keeping your head straight, hold the club across your chest.
- Do a slight squat with hips and knees bent and lower abdominals tightened.
- Slowly rotate your shoulders to each side. Rotate as far as is comfortable.
- Repeat 5 times to each side.

全身旋转 (拉伸主干肌/多裂肌)

- 双手握住开球木，将它放在头部后方，横跨你的双肩，如果在不拉紧的情况下无法做到，或无法保持头部平直，那就把球杆横置于胸前。
- 臀部微蹲，膝盖弯曲，下腹部收紧。
- 肩膀转向另一侧。尽可能舒适地转动，直至最大幅度。
- 每侧重复5次。

