

Lawn Bowls is a whole-body activity that requires:

- Upper and lower body strength and endurance
- Joint flexibility – hips, knees, shoulders
- Balance and coordination

Lawn bowls requires long periods of weight bearing, lunging to deliver the bowls, bending to retrieve them (sometimes out of the gutter) and stepping up and down off the bank. These are all movements that are repeated many times during a day on the green and may cause hip, knee, and lower back pain if you're not well prepared.

In order to best prepare our bodies and prevent injury during a day on the green, it is important to maintain whole body mobility.

Here are some basic exercises provided by Exercise Physiologists and Physiotherapists at UQ Healthy Living to help look after your body in preparation to play lawn bowls.

To be performed daily, or prior to playing. Perform pain free, as tolerated:

1. Shoulder/Chest Stretch:



Interlock fingers, hands behind back, palms facing body, elbows extended, lift arms away from body.

Perform 2-4 times with 20-30sec holds

2. Back Movements:



a) Hands on small of back, knees straight, lean back slowly. *Perform 2-4, hold for 5 - 10sec*

b) Seated, arms across chest, turn gently. *Perform 8- 10 turns with a 2-3 sec hold on each side*

3. Lunge Stretch:



Place your hands on your hip (or hold onto a bench for support) step and bend your back leg. Feel a stretch in the back leg.

Perform 2-3 per leg. Hold for 20-30sec

4. Calf Stretch



One foot forward, feet parallel, back leg straight, front leg bent, heels down. Lean forward.

Perform 2-3 per leg. Hold for 20-30sec