

Is Your Game Hurting II

By Betsy Voyles, MSPT and Chris Kendall, MPT
Physical Therapist with "Body Balance for Performance"
The Complete Golf Health and Fitness Training Program

Better posture throughout the day and while on the course can a significantly decrease your risk of injury.

In the July issue we discussed a number of golf-related injuries and why they typically occur. Now we want to show you a few things you can do to help prevent these injuries and have a great injury-free season.

First of all, you can save your body a lot of wear and tear if you simply squat down and use your legs instead of bending over and stressing your back. This goes for any number of activities on the course, from teeing up the ball to retrieving it from the cup.

Better posture throughout the day and while on the course can also significantly decrease your risk of injury. Holding yourself upright aligns your joints, ligaments, tendons and muscles so they can work efficiently and effectively.

Specifically we discussed wrist, elbow, rotator cuff, hips and trunk issues. Decreased mobility in one area can weaken another area.

1. Wrist and Elbow Stretch

Arm at 90 degrees to trunk with gentle pressure at wrist bending it down and out. You should feel a stretch in the forearm toward the elbow.



2. Shoulder and Rotator Cuff Stretch

Arm up on the wall as shown. Keep shoulder blade down and back. Gently turn away from the wall until stretch is felt in the front of the chest and shoulder.

3. Trunk Rotation

Lie down as shown. Slowly open arms and rotate trunk as far as



possible keeping the knees together and the top knee slightly in front of the bottom knee.

4. Hip Rotation

Lie on back with legs crossed as shown. Bring both knees up toward chest until you feel a stretch deep in buttocks of the top leg.

Do not force any stretches. You should feel relaxed. Breathe deeply allowing the muscles to let go and stretch. Monitor the stretch by "feel" and not by time. Modifications can be made if any of these are too difficult.

Please feel free to contact us at "Body Balance for Performance" if you have any questions: 312-214-9079. We are also making a special offer to our *Golf Chicago!* readers - 50% off your initial evaluation. That's a \$125 Value and the first step to healthier, happier golf!

