

Away We Go!

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Physical Therapists with Body Balance for Performance
The Complete Golf, Health and Fitness Training Program

Even as gifted and talented as Michelle is, Body Balance for Performance still has a role in providing this junior with the physical tools and knowledge necessary to maximize her potential.

Golf health and fitness training has become more important in recent years even for the world's best golfers. From seniors to juniors the benefits of golf-specific training is becoming vital to move to the next level, whatever your current level.

Michelle Wie, the 14-year-old phenom who missed the cut in the PGA Tour's Sony Open by only one stroke, understands these benefits. Wie utilizes our Body Balance for Performance center in Hawaii. The question that begs to be asked is why would she need this program to help improve her game? According to her father, Dr. BJ Wie, Body Balance has indeed helped her in several areas of her game. Here is what he had to say:

"First, Michelle used to have an incorrect posture, which caused inconsistent ball flights. After the Body Balance program helped correct the posture, she has been able to produce more consistent ball flights and shapes. Statistics on her greens in regulation have improved significantly since starting the program.

Secondly, Michelle sometimes lost her balance when finishing her maximum swing speed. It was also difficult for her to maintain good balance at uneven lies. A variety of exercises during the Body Balance program helped Michelle improve her balance at finishing as well as at severely uneven lies.

Thirdly, the program helped her become more flexible. The flexibility is critical in her big-arc swing, which requires a full turn of her shoulders. Numerous exercises and therapies helped improve the flexibility in her shoulders, low back, and legs. This effort has resulted in at least 20 yards of distance gain.

Lastly, the program emphasized the importance of endurance and strength. Her cardio program has helped her endure multiple rounds of golf during national golf tournaments this year. She gets less tired



Courtesy Golf Week

after daylong practice routines."

Even as gifted and talented as Michelle is, Body Balance for Performance still has a role in providing this junior with the physical tools and knowledge necessary to maximize her potential. For this reason, golfers of all ages and capabilities must realize the need for a golf-specific training regimen to improve overall balance, posture, flexibility, core strength, power and endurance. Improvements in these main components can be the difference between winning and losing, earning a scholarship to college, achieving the highest goals at the Tour level, or simply enjoying the game more.

For more information on your local Body Balance for Performance centers in Chicago, Northbrook and Oak Brook call 312-214-9079 or visit our website at www.bodybalancegolf.com.

