

IS YOUR CORE READY FOR GOLF?

THIS IS THE THIRD OF A THREE PART SERIES TO GET YOU READY FOR THE GREATEST GAME FOR ALL AGES!

In part one, we talked about trunk rotation and your ability to twist and turn. Typically, it is the lack of trunk rotation that causes us to hook or slice the ball. If you have low back pain, hip problems or have had surgery on your back or lower extremities, you may have lost your ability to twist and turn.

In part two we discussed balance. If you have poor balance, then you will have difficulty with your ability to transfer your weight during your entire swing. The pelvis is the power house in golf and to be able to follow through with your swing, you need to be able to maintain your balance while you spin your pelvis around the ball.

Core strength is the topic for the third part of the series. Many will have back or hip pain simply because the core, your back and abdominals, are weak.

The challenge is making a recommendation without a thorough evaluation and gathering of your medical and injury history. The concern is exacerbating your pain. We certainly do not want to create a pain or problem by doing the wrong exercise to strengthen your back and belly.

The safest type of exercise is an isometric. Isometric exercise is a muscle contraction that does not involve joint motion. When you do an isometric contraction of the transverse abdominus, the deepest abdominal layer of muscle, you help take pressure off your spine. When addressing the ball, it is very important to maintain a transversus abdominus muscle contraction during your entire swing. This will help decompress the spine which will help prevent back pain.

Navel to the spine is the description we use to guide you in performing a transversus abdominus contraction. When you sit, stand tall or lean over the ball in preparation to swing the club, pull your belly button, your navel, in toward your spine. It is important not to hold your breath. It may help to think of what one may do to zip a tight pair of jeans. You suck the belly in.

Performing navel to the spine and holding it for five seconds and repeating until your muscles fatigue is a great start to strengthening your core. Do these three sets in a row with a minute rest between sets. This exercise is safe to do every day, once a day.

There are many other **golf preparations and warm up drills you can learn** in addition to a proper injury prevention golf set up at Lake Country Physical Therapy and SportsCare, PC. **If you have pain or have already sustained an injury playing golf or if an injury is preventing you from playing golf, we can help you get your body ready and back to golf. Better yet, come in and learn how to prevent the injuries and enhance your game.**

For more information about our Body Ready Golf enhancement program at Lake Country Physical Therapy and SportsCare, PC, please call (585) 396-1400, email Zoe@lakecountrypt.com, Robert@lakecountrypt.com or visit us at www.lakecountrypt.com.