

GOLF ANGELS

By the Physical Therapy Team: Zoe Fackelman, PT

I am on the 12th tee box at Bristol Harbour, my tee shot is less than optimal and my ball hits multiple trees like a ping pong ball and finally lands in the fairway and I proclaim, "Thank you Golf Angels"! What the heck happened there, I ask myself knowing already from all my golf specific training exactly what I did to cause such a disastrous shot?

Golf! What a challenging game, especially if you have not conditioned your body for the sport. Most definitely, it is a mind-body game. Keeping focused on the present shot, forgetting about the last, remembering all those swing thoughts and trying not to worry about your score or if you won a skin. Not to mention that for every shot, a proper set up is imperative to successful ball placement! If the body is not in shape to do what you are asking it to do, then satisfying shots are truly "hit and miss"!

The most common body parts to injure in golf are your back, shoulder and elbow. Here are a few tips to help you improve your game. Now that we are well into the season, we will take a "**Body Ready Golf**" approach to preparing your body for the game. Grab your seven iron and go outside for some warm up drills to prevent the most common injuries and do the work to make a consistently long straight shot.

Stand with your feet shoulder width apart. Grab the head of your iron and place the grip end of the club on the ground in front of you so that your trunk makes a 90 degree angle to your hips. Your arms are stretched out straight with your hands resting on the club head. Now hang your head and press your chest toward the ground while keeping the curve in your low back, buttocks out and knees slightly bent. Hold the position steady for a minute. Be sure to breathe deeply while you hold this position.

Now let's swing under the roof! Imagine a roof across your shoulders. Stand with your feet shoulder width apart. Grip your iron and hold the club out in front of you so it is parallel to the ground and under the roof. Allow your forearm to roll over on the other while you move the club swinging under the roof. As you move the club to the right let your left heel rise as you move onto your left toes. Now swing to the left under the roof in the same manner. Remember to keep your top elbow straight. Do this 10 times, keeping a slow steady rhythm.

There are other **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.