

## IS YOUR BODY READY FOR GOLF?

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

In the first series, we will talk 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.

The pelvis is the power house in golf and to be able to follow through with your swing, you need to be able to spin your pelvis around the ball. When you complete your swing, your belly button needs to face the target. If your trunk is tight then this task is impossible and so will be your golf game!!

There are several gadgets, drills and exercises to improve trunk rotation. The easiest exercise and the one that takes the least amount of time is one you can do at work, sitting in your chair while talking on the phone hands free. Generally, the exercise described below is safe for the spine as long as you keep your buttock on the chair and you avoid pushing and pulling too hard, too soon. Go nice and easy to get the best results. Hold the position for up to one minute and breathe deeply. Do this three to five times in a row on one side and then switch sides to get the best results.

Sit tall, sideways in your chair, with the back of your chair to your right. Keep your feet on the floor and your buttock still. Place your right hand on the furthest portion at the top of the back of your chair and your left hand in the middle on top of the back of the chair. Use your hands to turn your chest facing the back of your chair. Keep your head straight. Do not let your head turn too. Remember to hold the position and breathe deeply.

JENN PLESAS INSERT PHOTO HERE

There are many other **golf preparation 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](mailto:Zoe@lakecountrypt.com), Robert [@lakecountrypt.com](mailto:@lakecountrypt.com) or visit us at [www.lakecountrypt.com](http://www.lakecountrypt.com).