

IS YOUR BODY READY FOR GOLF?

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

In the first series, 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.

This week we will talk about 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 also important. We will discuss core strength next week.

Balance is compromised most commonly as a result of tightness and weakness in the trunk, hips and legs. Balance is improved simply by challenging your balance. One of the easiest drills can be done while you talk on the phone. It is best to perform this drill in bare feet, but is still effective wearing a pair of good support shoes with no heel. The goal is to beat your time balancing on one foot. Start out by standing near a solidly grounded object such as a desk or a countertop just in case you lose your balance and need to grab on to prevent a fall. Begin with attempting to balance with your eyes open for 30 seconds then gradually increase your time performing the drill. Stand in front of a mirror to help you maintain the proper positioning.

Stand tall on your right foot. Keep the weight on the outside of your foot. Do not let the arch in your foot collapse. Now lift the left knee up toward your chest and hold it 90 degrees to your trunk, as if one leg is in the marching position. Please do the same on the left.

Eventually, you will be able to balance for two solid minutes without touching your solidly grounded object or your foot to the floor. At this point, you are ready to begin balancing with your eyes closed. This is much harder when you take your visual field out by closing the eyes.

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, Robert @lakecountrypt.com or visit us at www.lakecountrypt.com.