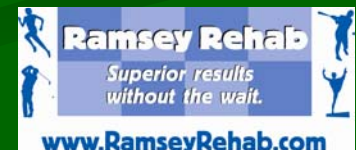


Golf Exercise Performance

Ramsey Rehab Lecture Series

Kevin Flaherty, PT, CSCS,
Clinic Manager
John St. Jean, PTA,
Ramsey Rehab

February 27th, 2007




Agenda

- Golf Anatomy
- Golf Performance “Back on Course” Style
- Golf PT
- Video Analysis
- Swing in Net
- Improved Health on the Course



Golf Anatomy

- Posture
- Spine/Joints
- Muscles



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Golf Anatomy

■ Posture

- Flat Back
- Wide Stance vs. Narrow Stance
- Upright at Address vs. Bent at the Waist



Golf Anatomy

- Spine/Joints

- Flat Back

- Lumbar Lordosis


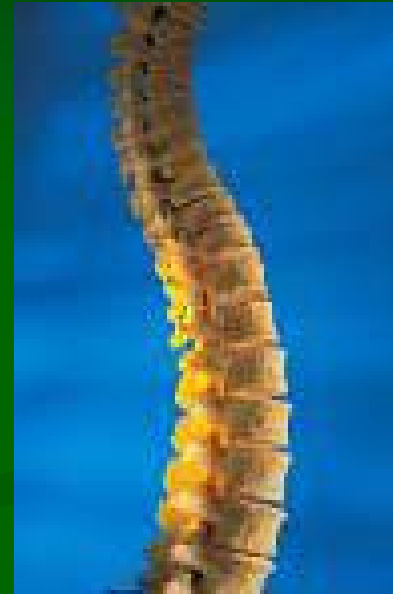
- Facet Joints

- “Open” Position in Flexion

- “Closed” Position in Extension

- Straight Spine

- Loose not tight

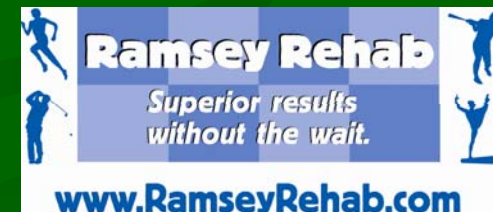


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Golf Anatomy

- Muscles
 - It all comes back to the Core!
 - Shoulders
 - X factor
 - Coiling, uncoiling
 - Ball Velocity
 - Upper Back
 - Wrists
 - Legs
 - Feet

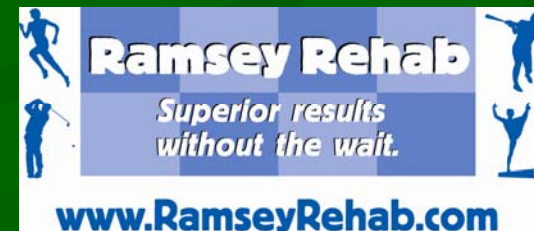


Back On Course at Ramsey Rehab

- Posture
 - For Life
 - At Golf Address
- Flexibility
 - Mostly Trunk
 - Areas of Tightness
- Strength
 - Core
 - Arms and Legs
- Balance



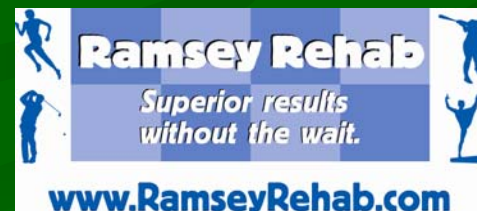
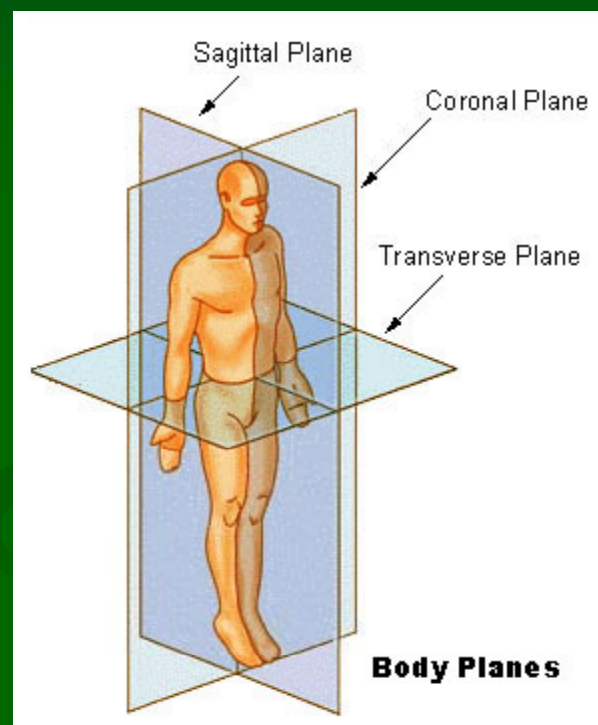
at:



Back On Course at Ramsey Rehab

■ Posture

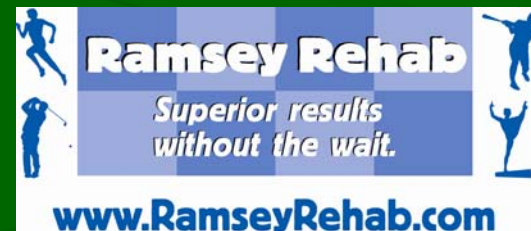
- Pelvic Tilt
- At Address
- Flexed vs. Extended
- Balanced



Back On Course at Ramsey Rehab



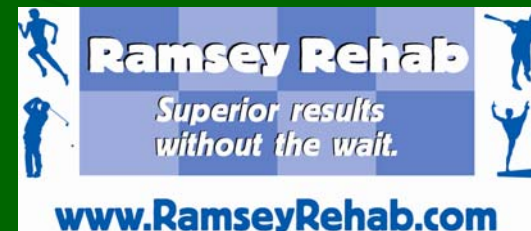
- Pelvic Tilt
- Supine



Back On Course at Ramsey Rehab



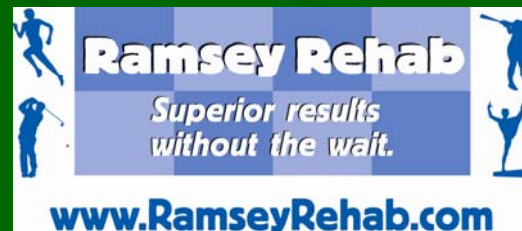
- Pelvic Tilt
 - Standing



Back On Course at Ramsey Rehab



- Pelvic Tilt
 - At Address

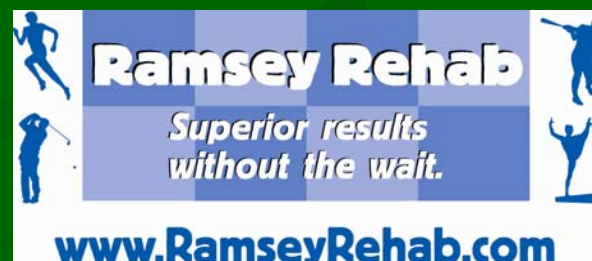


Back On Course at Ramsey Rehab

■ Posture Demo

■ Pelvic Tilt

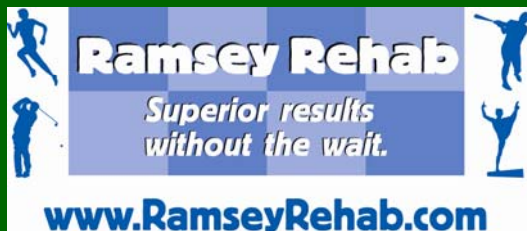
- on back
- in standing
- address



Back On Course at Ramsey Rehab

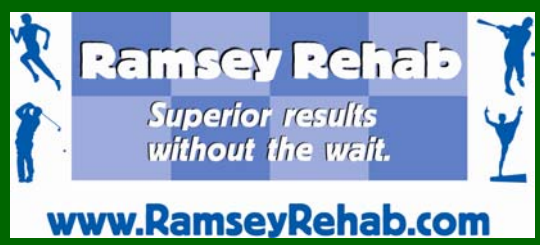
- Flexibility

Hip flexors



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Hamstrings



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Hip Rotators



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Upper Trunk Rotators



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Lower Trunk Rotators



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Strength - Core Stability with the ball



Back On Course at Ramsey Rehab

Strength - Core Stability with the ball



Back On Course at Ramsey Rehab

Strength - Core Stability with the ball



Back On Course at Ramsey Rehab

Strength - Core Stability with the ball



Back On Course at Ramsey Rehab

Rotational Strengthening with bands



Back On Course at Ramsey Rehab

Strengthening with bands



Back On Course at Ramsey Rehab

Strengthening with bands – W's



Back On Course at Ramsey Rehab

Balance - Single Leg on Balance Item



Back On Course at Ramsey Rehab

Golf Swing on Balance Item



Back On Course at Ramsey Rehab

Golf Swing on Single Leg

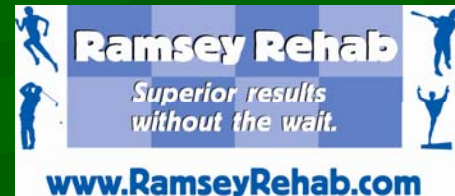


Back On Course at Ramsey Rehab

- Integrating the current workout with the golf specific workout
 - What are you currently doing in the gym?
 - Think rotation – cables, pulleys, etc.
 - Do you work balance with your current exercise routine?
 - What can you use at home to simulate our program?
 - Exercise ball, balance pad, rotation cord, leg weights
 - Think Rotation, rotation, rotation; everywhere!!!!

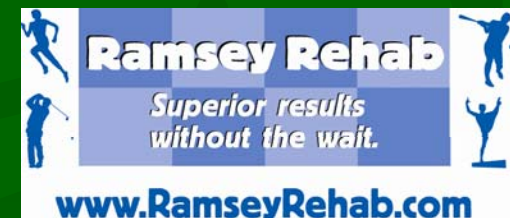
Golf PT

- Passive Range of Motion
- Soft Tissue Massage
- Mobilization with Movement
- Manual Stretching
- Contract/Relax Stretching



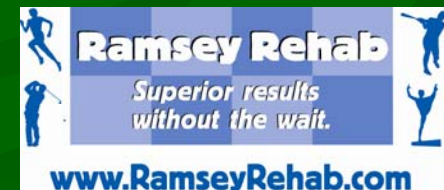
Golf PT

- Demonstration



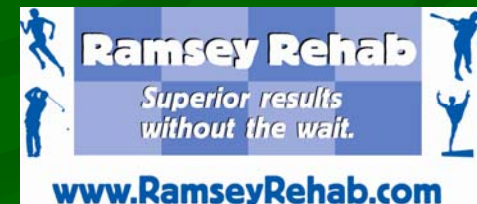
Video Analysis

- Tiger vs. Everyone Else!



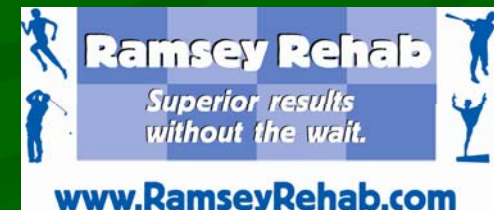
Indoor and Outdoor Swing Training

- Demonstration



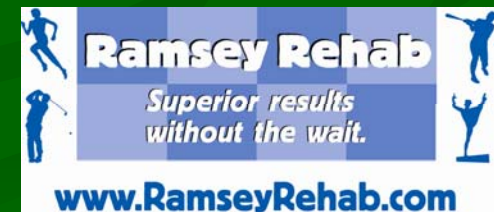
Safety on the Golf Course

- Stretch, Stretch, Stretch
- Warm up at the Range
- Good Footwear
 - Orthotics/Inserts in Golf Shoes
- Nutrition
 - Proper Hydration
 - What to eat before the round?




Safety on the Golf Course

- Carry the bag?
 - Double Straps is the key
- Mid Round Stretch/Exercise
 - See Handout
- R.I.C.E.
- Sunscreen
- Pre Round/Pre Shot Routine



Questions ?



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Thanks!

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