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It is time to get into the "swing" of things, literally, especially when golf is your thing! Spring weather drives us to get out and play, but we are not as young as we use to be. Stepping up to the first tee of the season, a Tiger Woods drive of 300 yards is in our head, we strike the ball and wake to the reality of our ball slicing into the ruff, and throwing our back out. We struggle through 9-18 holes and by the next day can not move anything except for the finger that controls the channel button on the remote.

You have heard a thousand times how you need to warm up and stretch. We classify a "good" warm-up as swinging the club a few times and performing a few common back bending and arm stretches. It is important to warm-up and stretch, but what is most important is, "How can I help my game and my body"?

Are you aware that posture, lack of flexibility, and strength in the shoulders, trunk, and hips are the most common problems with golfers today? Did you know you don't have to be as young as Tiger Woods to become stronger and more flexible?

Here are a few helpful tips for flexibility and strengthening to help your body and your game this year!

1. Begin to improve your flexibility by performing movements (Range of Motion) in you shoulders, legs/hips, and trunk.

Recognize the range of motion you have now in these areas and begin to improve them with daily movements, slowly increasing the movement to a greater point. Obviously, we are not becoming gymnasts so we are not looking to bend ourselves into pretzels, just improving what we have now and making sure we can move the same distance in both shoulders, legs/hips, and trunk.

2. Begin to improve your strength and endurance.

Begin swinging the clubs at the park, your garage, or of course, go to the range. There is not a recommended number of repetitions, but I would suggest taking 10-15 nice easy swings with each club, making sure to focus on the range of motion in the above areas I talked about.

3. Walk a minimum of 3 days a week, 30 minutes a day.

Increase every week by walking longer, a little faster, up small inclines, or jogging. This all depends on your fitness level and what your doctor may have prescribed.