

Too Early for Golf? No Way!

Blake Butler, PT
Physical Therapist
St. Francis Physical Therapy

I know, I know. It's only January and there is still about 4 months left of winter, but it's never too early to start dreaming about chasing that darn little white ball all over God's green earth (I mean the golf course). It's time to break out the putter and start draining putts into a tipped over coffee cup in the basement. Start swinging that club in the garage fantasizing about knocking down the flagstick with your wedge and booming a 300-yard drive with your driver. I've already been doing that, so I know there are more of you out there like me who can't wait to get back out on the course.

There's only one problem, even if it was golf season we're all so stiff and out of shape from inactivity and the arctic cold weather that we wouldn't be able to get off of the first tee without seriously straining something. That is why Physical Therapy Consultants, Inc. is pleased to offer its Golf Enhancement Program. This program consists of a whole body examination by an experienced physical therapist who will assess for strength and flexibility deficits vital to your golf swing. The therapist will then develop an individualized stretching and strengthening program tailored to your needs to help get your swing back into shape and will help add 30+ yards to your drive.

This program is not intended to analyze your grip, swing, release, etc... We will leave that to the golf pros who are trained to help you with that aspect of your game. What we will do is minimize your physical deficits that are hampering your swing so that you can add distance to your drives and long irons. There are plenty of golf domes and year-round driving ranges around to start practicing with your newly found strength and flexibility.

For more information contact us at our St. Francis Clinic at (763)753-8804. We look forward to getting you ready for the upcoming golf season.