

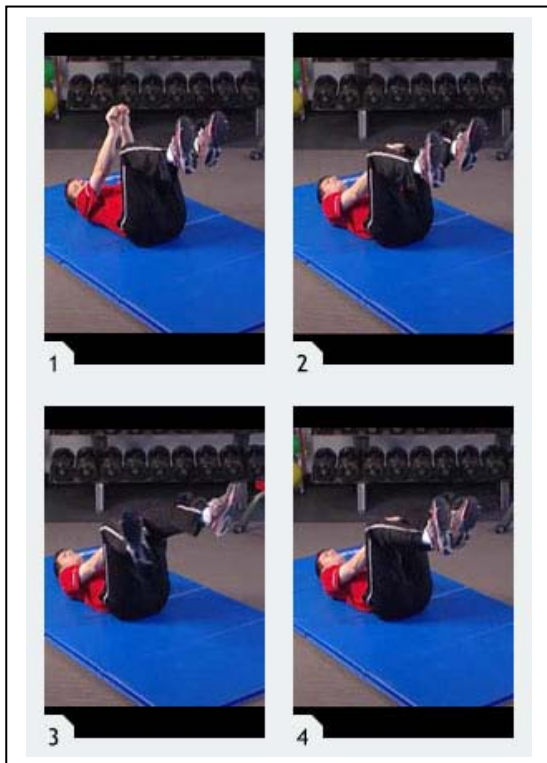
Common Swing and Posture Faults, Part 2

By Dr Andrew J Park

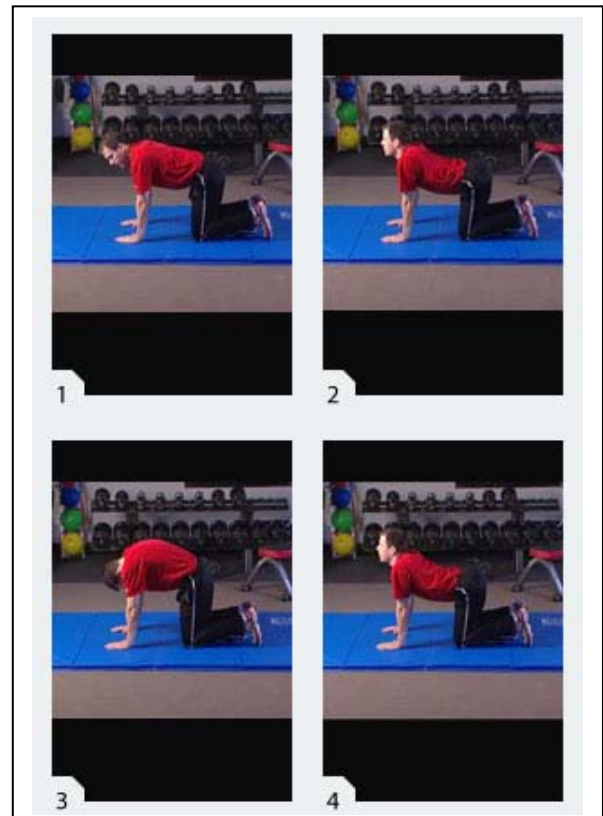
Last month we mentioned common swing faults and postures for golf. The most common injury for the amateur golfer is low back pain. The most common mechanisms of injuries are poor body mechanics, poor swing biomechanics, excessive practice, no regular customized exercise program, poor nutrition, and improper club fitting. This month, we will introduce some basic rehabilitation exercises to aid in correcting some of the swing and posture faults previously mentioned.

A common misunderstanding about exercise or going to the gym is the need to lift weights. Although weights can be beneficial in certain conditions, it is generally not necessary to use them. Often times enough, the novice will attempt to lift weights without proper mechanics or training, leading to injury or even altered movement patterns. This not only occurs with amateurs, but with professionals as well. People need to understand the basics, like walking, before attempting advanced protocols, like running.

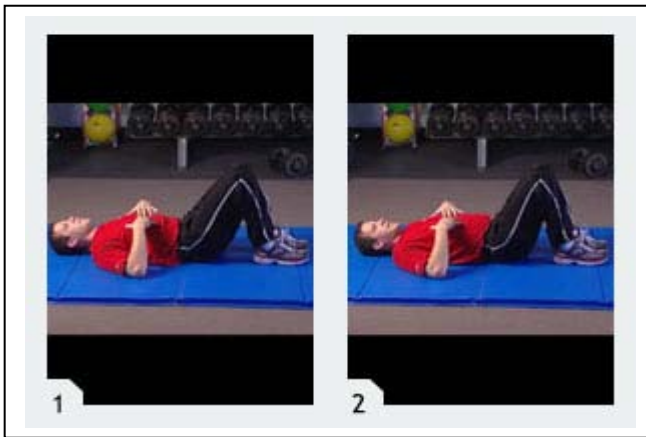
If you were to recall with my first newsletter article, movement fundamentals are innate to use all yet we all forget how to move. The rehabilitation exercises I prescribe, initially relate to restoring these movement patterns followed by more advanced protocols. They do not require weights so they can be performed anywhere. The most important aspect that I look for is the quality of the movement and not the amount of repetitions. I would prefer 3 excellent, quality moves compared to 12 unstable or faulty moves.



Hip Windshield Wipers: Start by lying on your back with your knees and hips bent to 90 degrees. Make fists with both hands and place them together between your knees. Now, without separating your hands and knees, try to move your feet as far apart as possible (like windshield wipers). Repeat this motion back and forth for the prescribed amount of time.



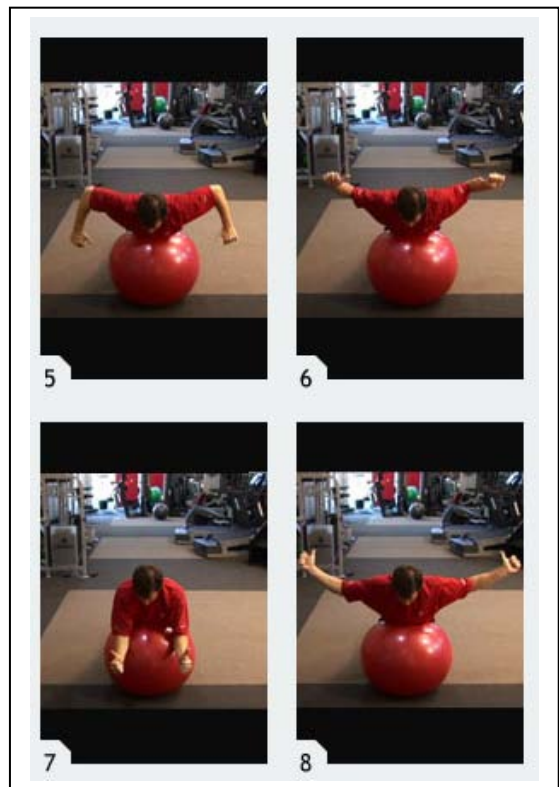
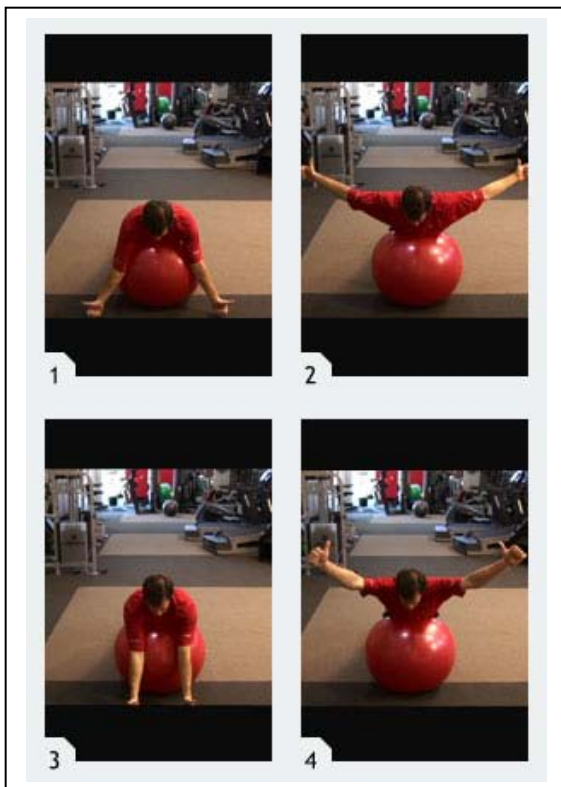
Cats & Dogs: Start in the quadrupedal position (all fours) with your thighs and arms perpendicular to the floor. Without bending your elbows, lift your head and try to lower your spine as far as possible creating the dog position. Now, lower your head and lift your spine as far as possible creating the cat position. Repeat this back and forth for the prescribed amount of time



Pelvic Tilts Supine: Lie on your back with your knees bent and feet flat on the floor. Try to tilt your pelvis back and forth (arch your back and flatten your back), trying to limit any chest or upper body movement at the same time. Make sure when you flatten your back, you should also be drawing in or flattening your stomach (not sticking it out). Repeat this back and forth for the prescribed amount of time. *This exercise can also be performed standing in the 5 iron posture for advanced training.



Lead Hip High Torso Turns: Start by getting into your 5 iron posture. Cross your arms over your chest and get your lead hip higher than your trail hip. Now try to make a big shoulder turn keeping your lead hip high.



T's, Y's, L's, W's Swiss Ball: Lie face down on a Swiss Ball with your legs spread apart for support and your lower rib cage on top of the ball. With your thumbs pointed to the ceiling and your arms extended, lift your arms up and down squeezing your shoulder blades together as you lift. This is called the T. Next, lift your arms up and down in front of you trying to make the letter Y. Then, with your elbows bent to 90 degrees, lift your elbows to the sky and then externally rotate your arms at the top to make the L. Make sure you squeeze your shoulder blades together throughout all these movements. Finally, start with your arms out in front and lift and externally rotate your arms into the W position.

If you noticed with all the rehabilitation protocols except for Lead Hip High Torso Turns, they are all performed on the floor, taking us back to our pre-walking movement fundamentals. Remember, the first and most important fundamental movement pattern is abdominal breathing which initiates our core. All exercises should be performed with the core engaged. Perform the protocols to tolerance and you will feel a slight burning sensation. If pain occurs, then stop the protocols and consult with a professional before continuing. Post exercise soreness is common with any exercise and is considered normal.

With any exercise, set a goal and adhere to it. If you are strong in one area and weak in another, then work on the weaker area. Often times in the gym, you observe people who are obviously strong in one area continue to work harder on strengthening that one area, thus becoming more stiff. If you are flexible, then decrease working on your flexibility and work more on strengthening. Focus on the mobility and stability regions mentioned in the first article as your base for exercise and hopefully it will lead you to pain-free golf.

Dr Andrew J Park is a Doctor of Chiropractic with a Masters in Nutrition and Masters in Acupuncture. He is a certified Titleist Performance Institute Medical Professional, PSC Certified Chiropractic Provider on the PGA Tour, Active Release Provider for the IRONMAN and Revolution 3 Triathlon. Contact Dr Park at bleuhealthsports@yahoo.com for questions, comments, future article requests or visit us at www.bleuhealthsports.com. Copyright Dr. Andrew J Park

Disclaimer: All or some parts of this article and photos are referenced from Titleist Performance Institute.