

Golf Rehab Part II:

STRENGTH

In our last issue of the Rehab Report, we recommended two flexibility exercises for golfers, namely the Shoulder Clock and the Lunge. These active stretching tracts facilitate both scapulothoracic and thoracolumbar mobility to maximize smooth back swing and early/late following-through.

While flexibility is an essential part of the golf swing, core muscle strength and endurance is crucial to prevent injury and maintain consistency of play. Research has confirmed that the highest risk for injury to the intervertebral disc is with movements that combine flexion with rotation. Since it is our core muscles that act as a first line of defense from disc injury, training core muscles with a comprehensive spinal stabilization program is critical.

Like a baseball pitcher throwing a fastball or playing Chopin on the piano, optimal performance in golf also demands fine muscle control. Since maximum distance on long drives is generated from spinal torque, an appropriate strengthening program needs to focus on core muscle control. Rehabilitation strategies should focus on pelvic control

(i.e., Pelvic Tilts/Clocks), add abdominal co-contraction (Curl up) and only incorporate weights and twisting movements when proficiency in basic movements is achieved.

The following series of core strengthening exercises are recommended for golfers. They include Bridges, Curl up, and Torso Twist with weights. ▲

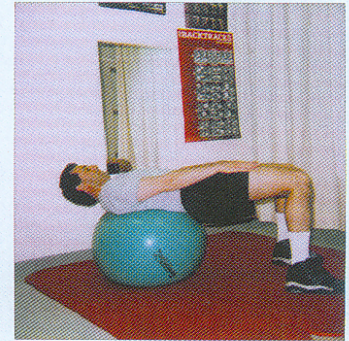


FIG 1 BRIDGE

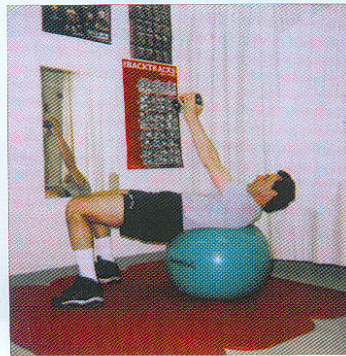


FIG 3 TORSO TWIST

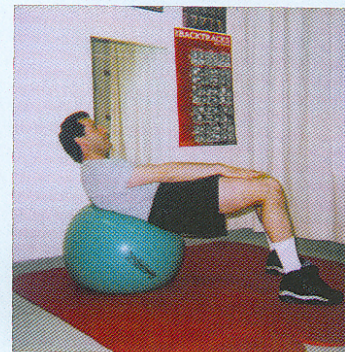


FIG 2 CURL UP

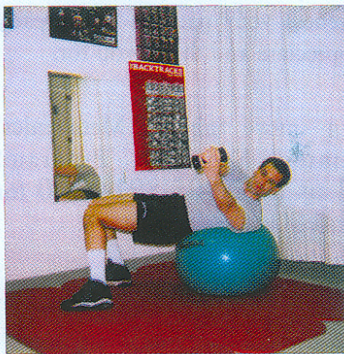


FIG 4 TORSO TWIST



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