

IS IT YOU OR YOUR GOLF GAME?

Golf can be a frustrating game but is it really your skill level or YOUR body holding you back?

The golf swing is a complicated interaction of many muscles and body mechanics that all have to be in good working order to execute a swing that is effective.

Getting to the root of the problem first lies in figuring out what is hindering your game; that nagging pain that you feel during or after your game may be a result of some quirky mechanics!

Try this Self-Assessment Tool to see if you can identify a problem!

VOLUME

Are you playing excessively? Hit more balls recently, been practicing more, playing more? Practicing a certain shot?

1

TECHNIQUE

Did you change something? Maybe you are trying out a new technique or changed your grip recently? New equipment or footwear? Did you switch from pulling a cart or carrying a bag from a cart?

2

ACUTE TRAUMA

Did you tweak something and thought it was nothing when you hit a shot from thick rough or sand? Was there a specific trigger or start to your symptoms?

3

THORACIC ROTATION

How flexible are you through your mid-back with rotation. Stand with a golf club over your shoulders and twist to one side and the other. Is one side stiffer than the other or are you limited in both directions?

4

HOW STIFF ARE YOUR HIPS?

> Test 1 - Bent Knee Fall-In Lie on your back, with both knees bent. Spread both feet apart just wider than shoulder-width. Allow one knee to "fall-in", noting how far it falls inward and how easy the motion feels before your pelvis begins to move off of the floor. Repeat on the other side. A "positive" test would be indicated by a lack of motion on one side compared to the other.

> Test 2 - Seated Hip Rotation Test Sitting tall with knees bent and feet off of the ground, rotate heels outward. Compare the range of motion right versus left. If the test is positive, one foot will not move out to the side as much as the other.

> Test 3 - Hip Crossover Test Lying on your back with your legs out straight, grab one knee with the opposite hand and pull up and across toward that shoulder. (i.e. to test right hip, hold right knee with the left hand and pull toward the left shoulder). Compare flexibility, and specifically whether you feel a binding or pinching in the front of the hip or groin. Normally, you should feel a stretch in the buttock. When the test is positive, you will feel more pressure and binding in the front of one hip.

5

SHOULDER RANGE OF MOTION

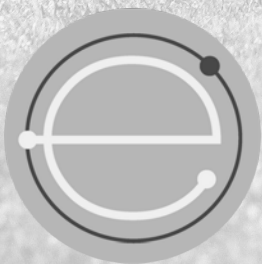
Can you rotate both shoulders in a full circle in both directions? Is your range of motion equal on both sides? Do you experience pain throughout any part of the motion?

If you noted a problem with any of the questions in the Self-Assessment, then maybe it is **YOU** and not your game!

6

The good thing is that there is hope! Injuries and mechanical issues in golf, once identified, can be easily corrected. Acting proactively and getting a physiotherapist specifically trained in golf swing mechanics is the way to stay on track and get an individualized program developed for you to prevent injuries and improve your mechanics.

Call us today to book your appointment!



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