

# body matters

*treating you better*

NOVEMBER 2008

## Is your body stopping you playing better Golf?

All golfers want to play better golf. To achieve ideal swing path, clubface alignment, angle of attack and speed, you need:

- Good posture
- Flexibility
- Power
- Stability
- Strength



With these elements optimised, you have the factors in place to prevent injury and allow good play. However, Don't Forget Technique! See your Golf Pro for instruction in technique and application of the golf swing.

Our Golf Fitness Programme begins with a musculo-skeletal screening which identifies poor posture patterns, tight soft tissues, deficiencies in stability and strength. We will then devise an individual programme to rectify these problems

This programme would normally include:

- Stretches
- Postural re-education
- Aerobic advice
- Balance work
- Exercises



Libby Whelpton at our Ruislip clinic offers Golf Specific Pilates sessions which will give you a bespoke programme to improve stability, posture and the efficiency of the swing and putt.

Vouchers for Golf Fitness Programmes are available, and make ideal presents for golfers.

For more information, email or call.

## Is your body stopping you playing at all?

Golfers suffer from a wide range of musculo-skeletal injuries, including:

- Back & neck pain
- Joint problems
- Soft tissue injuries to muscles, tendons & ligaments
- Overuse injuries

Many of these problems could be avoided with an effective fitness programme, allied to a brief warm-up prior to playing. We have a golf specific warm-up guide available.

Email or call us to receive your free copy.

At our clinics, experienced Chartered Physiotherapists will diagnose your problem and use a wide range of skills including joint mobilisation, massage and exercises, along with sophisticated electro-therapy equipment to treat the injury.

Our Golf Specialist Physiotherapists are available to deliver lectures on posture, fitness and injury prevention to your golf club. Call to find out more.

