



# ***Cape Cod Rehab Golf Newsletter***

January 2010

## **WINTER IS HERE!**

### **THIS MONTHS TOPICS**

- Addition to the Cape Cod Rehab Golf Program
- What is "S-Posture"
- Affects of this posture



### **SARAH JOINS THE CAPE COD REHAB GOLF PROGRAM**

Welcome all to my first newsletter and the start of a new decade! For the past year I have been "behind the scene" working closely with Briana and Jane. My role within this team is to continue providing interesting fitness and helpful medical information in this newsletter, in addition to performing the TPI Golf Assessment Screen.

Our passion aims at preventing injury, extending your longevity of play, and

improving your overall fitness. Our dexterity with experience and education, creates the perfect setting for golfers to improve their performance!

[IF YOU HAVE COMMENTS, SUGGESTIONS OR KNOW SOMEONE THAT WOULD LIKE THIS NEWSLETTER PLEASE DO NOT HESITATE TO CONTACT ME VIA E-MAIL AT:](#)

[sbatz@fitplan.com](mailto:sbatz@fitplan.com)

If you have not had a TPI Golf Fitness Assessment Screen  
WHAT ARE YOU WAITING FOR?  
[Screens completed in Hyannis and now in Mashpee!](#)

## GOLF FITNESS TIP OF THE MONTH

### What is S-Posture?

**S-posture is an excessive curvature in the lower back as seen here:**



image taken for mytpi.com

**Golfers who create too much arch in their lower back during the set-up position will show this posture. This starting position causes the core muscles to turn off which can inturn cause a loss of posture or reverse spine angle during the backswing.**

### Lifestyle Movements and S-Posture

**The way we move or show lack of good movements in our daily life can contribute to s-posture. For example, having a desk job, prolong standing, poor fitness program (only riding a bike) and numerous hours of being in a**

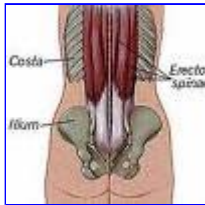
car each day will result in muscle imbalances. Lower cross syndrome (LCS) is the term we use when these muscle imbalances occur. LCS is a group of lower body muscles that are weak and shortened.

### Anatomy components of LCS

The following muscles become shortened and tight:



(Hip Flexor)



(Erector Spinae/back)



(Tensor Fascia Latae)

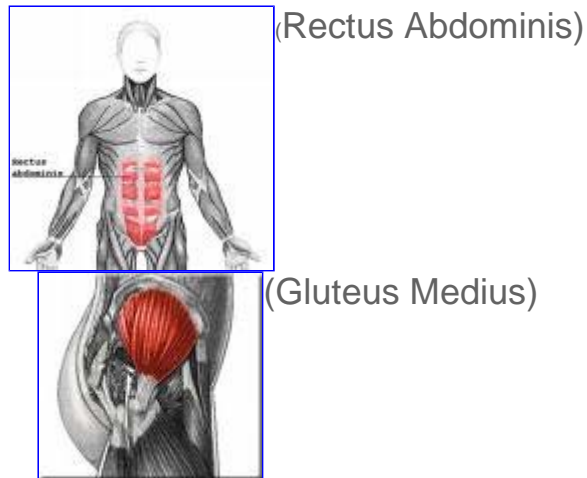


(Quadratus Lumborum)

The following muscles become weak:



(Gluteus Maximus)



taken from googleimages.com

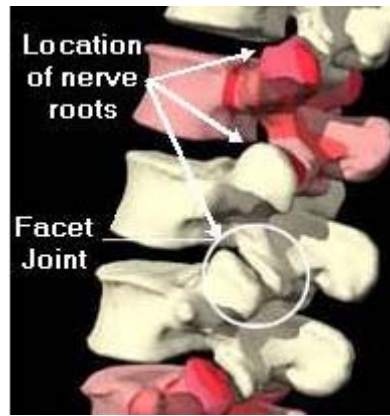
**Grouping a combination of shortened and weak muscles creates bad movement patterns for the lower back that can lead to injury or loss of play. As learned from previous newsletters the glutes are the "king" and the core is the "queen" of the golf swing!**

## Affects of S-Posture

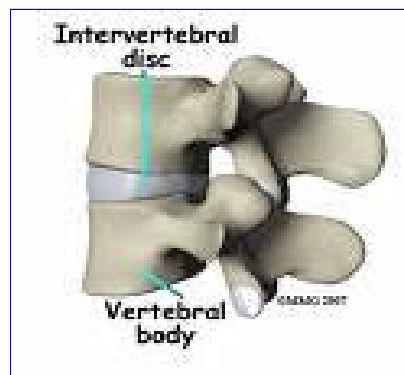


from googleimages.com

**S-posture results in the lumbar spine being in a closed position, which results in each vertebrae being in close contact. Combining this position with rotation into your backswing will lead to low back pain or injury. Common injuries can be sustained to the facet joints and discs. The facet joints seen below are located at each vertebra with an upper and lower pair for each. These joints are designed to provide stability and control. There is a natural inward curve to our back, however when the curve is exaggerated; like in the s-posture, excessive stress is felt at the facet joints. This "stress" causes inflammation and pain.**



**An intervertebral disc separates and protects each vertebrae from tension and pressure.**



**However, the disc are stressed when the vertebrae are placed into improper positions resulting in herniation or degenerative disc disease.**

**To summarize briefly, LCS is a series of muscle imbalances that can cause s-posture at your set-up. Stretching the hip flexors and erector spinae muscles in combination to strengthening the core and the glutes will help you to hinge from your hips and still keep your spine happy in a neutral position.**

**\*\*\*\*You should always check with a medical or fitness professional prior to initiating an exercise program. Exercises and stretches should be chosen on an individual basis to ensure proper performance and reduce the risk of injury\*\*\*\***

## **NEW YEAR IS HERE...LET'S UPDATE YOUR PROGRAM!**

If you already had a TPI Golf Fitness Assessment Screen and you would like to progress your exercises or learn some new exercises for the off-season, Sarah is taking appointments for one on one golf

fitness training. Rates available for half hour, full hour, and bundle package sessions (free membership included with package deals).

Call Sarah at 508-477-6128 or email at [sbatz@cape.com](mailto:sbatz@cape.com)

