



Cape Cod Rehab Golf Newsletter

May 2010

THIS MONTH'S TOPIC

SNEAK PEEK INTO OUR
GOLF ASSESSMENT SCREEN

- . Overhead Deep Squat
- . Resulting Swing Characteristics



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

"Without a testing screen...it is just a guess"^{TPI}

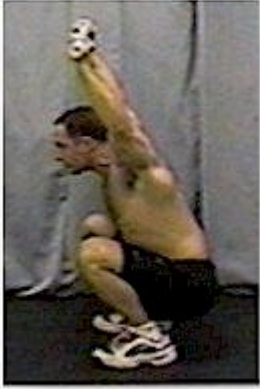
The golf swing is comprised of keeping parts of our body secure, while stretching and contracting adjacent segments at the same time. With the golf swing in mind, movement is the building block to the TPI Golf Assessment Screen.

The following are common issues that we discover with this screen:

- weak muscle links
- mobility and stability issues
- abnormal movement patterns
- muscle compensations
- balance disturbances

Overhead Deep Squat

A test from the TPI Golf Screen that is considered to be the most informative test you can perform is the "Overhead Deep Squat Test." Several portions of the body are being assessed: calf/soleus flexibility, thoracic extension, core stability, pelvic mobility, quadriceps flexibility, and shoulder mobility. Below is a picture of a perfect overhead deep squat:



The torso is parallel with the shin bones, dowel is aligned over feet, the entire foot is flat, knees are aligned with the feet, thigh bone is below horizontal, and the feet are pointing forward

How does the squat relate to the golf swing?

The overhead deep squat encompasses the following movements:

1. Ankle Dorsiflexion
2. Knee Flexion
3. Hip Flexion
4. Forward Spine Tilt

And when performed correctly, the golf swing is comprised of these movements:

1. Ankle Dorsiflexion
2. Knee Flexion
3. Hip Flexion
4. Forward Spine Tilt
5. Torso and Pelvis Rotation

A limitation with the deep squat will result with these swing characteristics:



Early extension:

The hips move closer to the ball because the torso raises up during the downswing due to tightness in the soleus muscle of the lower leg or poor pelvic stability due to a weak core. Reviewing our picture of the person who can perform a perfect squat, those that early extend will have a squat pattern typically resulting in lifting the heels up and will find it hard to maintain balance and posture will try to get "deep" into the squat.

There is also a correlation between the deep squat and loss of posture in your swing



Loss of Posture: noted by seeing how the body is off of the original set-up (red line). A loss of posture is typically related to the lat muscle being tight and or lack of mobility in the thoracic spine. Their squat pattern will result in bending forward at the waist and not keeping the dowel directly up overhead.

Each screening test is a discovery, in that we uncover and unlock what each golfer is physically capable of doing or not doing! This discovery keeps golfers healthy, injury free, and extends longevity of play.

****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****

Let us discover the "White Elephant"....
and help you understand how and where physical restrictions
contribute to inconsistent and weak swings!

Screens are completed with Briana or Sarah, both certified
with the Titleist Performance Institute.

"My golf assessment was an eye opener"-Mashpee FitPlan
Member/Rehab Patient

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