



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

MAY 2009

**DO YOU HAVE A FRIEND OR RELATIVE WHO MIGHT ENJOY THIS NEWSLETTER, SEND ME THEIR E-MAIL AT THE ADDRESS BELOW AND I WILL GLADLY ADD THEM TO THE LIST**

-  
-  
[blackenby@fitplan.com](mailto:blackenby@fitplan.com)

### **THIS MONTHS TOPICS**

- WHAT IS CHICKEN WINGING?
- WHAT IS SHOULDER EXTERNAL ROTATION?  
and WHY DO WE NEED IT?
- HOW DO WE TEST YOUR SHOULDER  
MOBILITY?

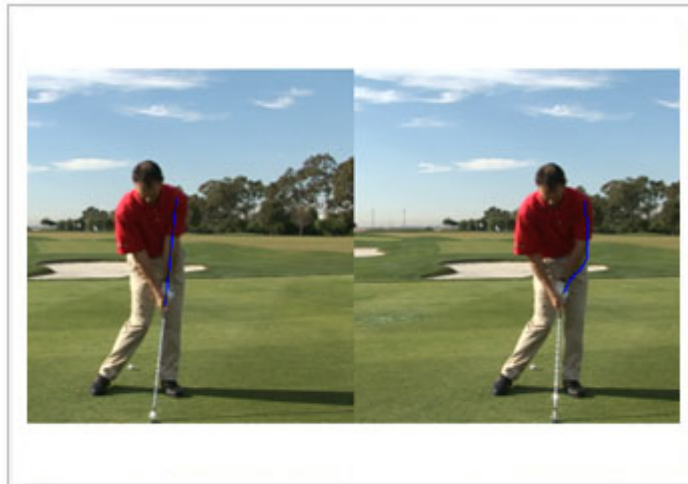
- **GET A GRIP**
- **By Resident Golf Expert Jane Frost**



## GOLF FITNESS TIP OF THE MONTH

### WHAT IS CHICKEN WINGING?

In March we discussed C-Posture and how this can affect your torso mobility. Now its time to take a closer look at the shoulder and the impact it can have on your swing. According to TPI 35.6% of players have the Chicken Wing swing fault. This swing fault is commonly seen when looking at a players swing straight on. This swing fault is in regards to the lead arm of the swing, optimally the lead arm line matches the lead arm, if the lead arm is bent over the line this is the chicken wing swing fault. This swing fault can be seen when looking at the player from the back, when the club makes contact with the ball you will see the left elbow (for a righty golfer) appear first on the follow through instead of the club which is optimal. One of the main causes of the chicken wing swing fault is lack of mobility/flexibility in the lead arm. If the shoulder lacks rotational mobility or the latissimus muscle is tight the golfer may not be able to keep the arm straight at impact.



Picture courtesy of [www.mytpi.com](http://www.mytpi.com), note the bend of the lead arm in the second photo this is a "chicken wing".

## WHAT IS SHOULDER EXTERNAL ROTATION???

The shoulder is the most mobile joint in the human body and possesses many degrees of freedom. One of the most important series of motions for the shoulder are internal and external rotation. External rotation is of greater importance in the golf swing due to the range of motion necessary in the back swing and follow through. According to the Titleist Performance Institute the average external rotation range of motion for the PGA tour is between 100-120 degrees. Other athletes that you may see requiring this type of mobility are baseball pitchers. External rotation is the extreme motion you see when they reach back and stride forward in preparation for pitching. Shoulder external rotation is controlled and driven by the rotator cuff muscles. Individuals with rotator cuff tears often cannot lift their arm or rotate it and often have pain radiating down the side of their arm. The picture below shows the shoulder in external rotation (left image) moving into internal rotation (right image).



Picture courtesy of google.com images

The Titleist Performance Institute tests for shoulder mobility using the 90/90 SHOULDER TEST. This test not only looks at shoulder mobility but also tests for strength of the muscles that stabilize the shoulder blade. It is important to have strong stabilizer muscles otherwise the shoulder does not have a stable base to move from. To perform the test we first measure your shoulder rotation in standing. Then we move you into golf posture and measure both the golf postural angle and the shoulder mobility again. What we expect to see is if you have 100 degrees of shoulder rotation in standing and your golf posture angle is 40, we would subtract 40 from 100 and expect 60 degrees of shoulder rotation in golf posture. If you have less than this we have to see if you have muscle tightness, joint capsule tightness, rotator cuff of shoulder blade muscle weakness or a C-Posture. All of these things can limit shoulder mobility.

**HOW CAN WE IMPROVE SHOULDER FLEXIBILITY?**

**One of the best exercises for stretching the latissimus muscle of the shoulder is the ball prayer stretch. When performing this stretch keep your upper back in neutral and stretch forward with the arms. You should feel a pull along your sides and/or in your arm pit region. This is also an important stretch to do before you swing the club and can be easily done on the course as part of your pre-play warm-up routine (see second picture below). Having a routine you do prior to practice and play is important to injury prevention. Muscles that are warmed up and stretched out allow for greater range of motion and are less likely to be injured. The stretch should be held for at least 20 seconds.**



1

Image courtesy of [www.mytpi.com](http://www.mytpi.com)



Image courtesy of [www.mytpi.com](http://www.mytpi.com)

\*\*\*\*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\*\*\*\*



## GOLF SEASON IS HERE!

The sun is shining, the temperature is rising, the grass is getting green and the golf courses are getting busier. We hope you enjoy the up coming golf season, the Golf Fitness Newsletter will be taking a hiatus for as few months so Jane Frost can keep teaching her lessons and I can work on my swing. Look for us again in September. But remember if you have questions feel free to e-mail me anytime at [blackenby@fitplan.com](mailto:blackenby@fitplan.com)



## For Our Valued Customers

Have you been working hard in the off-season improving your fitness. Would you like to learn some warm-up stretches you can do before you play and even stretches you can do on the course.

Take advantage of this offer today by e-mailing Briana at [blackenby@fitplan.com](mailto:blackenby@fitplan.com)

### ASK THE EXPERT!

Jane Frost one of Golf Magazine's "TOP 100 Teachers in America" is here to answer your questions.

This months Article:

#### GET A GRIP

Your hands are the only connection with the golf club so you must always place your hands on the club with precision. Every time the Tour Professionals start their warm up for a practice or tournament round, they will check in on their hand position to make absolutely sure that their hands are on in such a way that they will swing efficiently and effectively. There is no assuming that it is correct...they check it out constantly!

**Here's what Anthony Kim has to say about his grip:**

**"I think about the grip before each shot. My pre-shot routine is to get the club down in the fingers of my left hand before I lay on the right hand."**

**When was the last time you checked to be sure that the hands were in the correct position?**

**Position:**

**The club is to be held in your fingers rather than the palm of your hand. To simulate the best position for producing leverage and ideal connection to the club get a yardstick. Place the edge of the yardstick in your fingers and the "pad" of your palm also on the edge of the yardstick. This promotes ideal positioning and will produce efficient leveraging for optimal club head speed.**



**If you are interested in where the "v's" should be pointing, research is showing that the best ball strikers have the "v" of the left hand(formed by the thumb and index finger) pointing to the right ear and the "v" of the right hand pointing towards the right shoulder.**



**You have three options for the pinky of your right hand: (From Left to Right)**

**Ten Finger / Baseball Grip (Beth Daniel - LPGA);  
Interlock Grip (Tiger Woods) ; Overlap / Vardon  
Grip (Charles Howell III)**



**Pressure:**

**The club must be held firmly enough so that you are in control of the club. Think of a scale from 1-10. Ten is the death grip that most people have and one is the club dropping out of your hands. Generally you want to be in the 5 vicinity for optimal connection to the club. The real key to the pressure is to MAINTAIN that same hand pressure from start to finish of the swing rather grabbing it tighter part way through. You should be able to feel the head weight of the golf club throughout the swing for best results.**

**Exercise:**

**Strengthening your hands will greatly assist with both the positioning and maintaining of pressure throughout the swing. The staff at**

**Cape Cod Rehab will be more than happy to show you the ideal exercises to improve your hand strength.**

**Precision of Placement and Proper Pressure of your hands can save you several strokes per round. So get you "P's" better organized for optimal Performance.**

**Keep Swinging!**

**Jane**



**IF YOU WOULD LIKE TO "ASK THE EXPERT" A QUESTION PLEASE E-MAIL QUESTIONS TO [blackenby@fitplan.com](mailto:blackenby@fitplan.com) YOU MAY SEE YOUR QUESTION IN A FUTURE EDITION OF THE GOLF NEWSLETTER!**

**In addition, Cape Cod Rehab is the official Sports Medicine Provider for The Jane Frost Golf School. Check out Jane's web site at:**

**[www.janefrostgolfschool.com](http://www.janefrostgolfschool.com)**



**JANE FROST  
GOLF SCHOOL**