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“BACK IN THE SWING” GOLF FITNESS PROGRAM

“Golf is an athletic sport that requires a tremendous flexibility and strength to be played well.” - Butch Harmon

What else is more invigorating than crushing your opening drive 300 yards down the fairway and having all others standing around in awe. I will tell you what is, crushing the 18th drive 300 yards as well! Despite your skill level, despite your quality of clubs, **what is the one thing that everyone can improve to drastically improve their game and lower their scores? Their conditioning!**

As unpopular as Tiger Woods is right now, there is no denying he is still the best in the world. Tiger has spent countless hours working on his game, but he has also spent countless hours working on his physique. Every great golfer knows the key to a solid swing is flexibility and strength.

At RehabAuthority each physical therapist has been trained to administer one of the most effective golf conditioning programs available.



The “Back in the Swing” golf fitness program is designed to dramatically improve your swing by addressing common mechanical problems with strengthening and stretching specific muscle groups.

The program includes specialized exercises that apply directly to each phase of the golf swing. By correcting specific areas of physical weakness and inflexibility, the “Back in the Swing” program can help you eliminate many mechanical faults in your golf swing.... and realize drastic improvements in your distance and overall game.

An optimal golf swing requires flexibility in the spine, shoulders and hips as well as strength in the trunk and low back. Many golfers struggle most with hamstring and hip flexibility. **Stretching is critical to achieving a high degree of flexibility in this area.** Yet most people do not know how to stretch effectively, and are so inflexible that it is impossible to stretch correctly without assistance. The “Back in the Swing” golf fitness program utilizes the same stretching equipment that is currently used on both the PGA and Senior PGA tours.

This innovative equipment solves the problems traditionally associated with stretching and allows you to begin to stretch effectively on your own and measure your progress in this area.

You'll enjoy even more dramatic results in terms of club head speed and distance. **It has been demonstrated that every mile per hour of increased club head speed equates to 2-3 yards of distance gained.**

“If you look at the long hitters of today, they make very little hip turn on the backswing and a huge shoulder turn. Rotary torso training will help you achieve this.”

-Butch Harmon

Most program participants gain 5-10 miles per hour of club head swing speed. This translates into as much as 30 yards more distance with every swing.

We combine state-of-the-art stretching equipment and techniques with our specialized knowledge of body mechanics. **As a result, you'll achieve dramatic improvements in club head speed, distance, and overall accuracy in as little as 30 days.** So, if you are looking to make that jump to the PGA tour or just create power others will talk about, then participating in a well designed strength and flexibility program can get you there.

See your local RehabAuthority clinic for details. See pg. 5 of this newsletter for a patient testimonial!



IT'S TIME FOR A GOLF LESSON

One of the biggest issues we see with the average golfer is poor alignment. Golfers need to think of straight Railroad tracks when they aim. The ball and the golfer's feet must be parallel with each other. We see too many golfers point their feet at the target - or even farther right than that! *(if you're a right handed golfer)*

An easy way to check this is:

- Go out on the course and **pick a target**
- When you feel like you are aimed properly, **put the club down at your feet**
- Next, **step back behind your club**
(Remember - the ball flight is on a different path than your feet! Therefore, the ball flight is at the target, and your feet are parallel left of the target (right handed))



In our experience, **90% of right handed golfers aim too far to the right. Their feet, hips, and shoulders are all pointed at the target or worse.** So, if you are one of those golfers that has a difficult time with alignment, below is a simple technique to add into your routine. *(If you don't have a routine here is a great place to start!)*

- 1) Begin by **standing behind the ball. Visually select a target that is 7 feet (or closer) in front you and align it with your ball** (a leaf, stick, divot, or a variation in the grass); *Trust me it is easier to aim at something that is 7 feet away rather than 150 yards away!*
- 2) After you have selected your nearest target, **step into your stance and square the club face up** with your leaf, stick, etc.
- 3) Now **square your feet up with the club face** (feet, shoulders, and hips should all be parallel with club face)
- 4) Go ahead and **check your alignment.** You should have formed nice Railroad Tracks with the ball flight at target, and your feet are parallel.

If everything goes well, this is a great way to feel more confident with your alignment. You can now trust your routine and swing freely.

If you are still having trouble please remember: it just takes time. Your **eyes and brain need to adjust** and get in sync with each other because you have aimed incorrectly for so long.

Try to avoid picking out something too far away, if you ever watch the pros on TV most of them use this type of aiming technique. A great example of this is Jim Furyk. Remember, it is easier to hit something 5-10 feet in front of you rather than something hundreds of yards away. **Thank you, and happy golfing!**

Did You Know?

One of the biggest issues we see with the average golfer is poor alignment.

REHAB AUTHORITY BUSINESS OF THE MONTH

Gym Outfitters is the only locally owned fitness equipment supplier and service dealer in the Treasure Valley. We have been servicing and helping people achieve their fitness goals for 19 years. We provide Cardiovascular and strength equipment to the home user, PT clinics, Hotels, Apartment Complexes, Universities, Colleges and large Gym's in Idaho, Eastern Oregon and Wyoming.

We take pride in our approach to **being that one stop shop for all your fitness needs.** Please stop in to see our 15,000 sq. ft. facility across from Wings Gymnastics center in Boise by the Edwards 22 Cinema complex.



1852 S. Century Way • Boise, ID 83709
ph: (208) 345-2226 • fax: (208) 345-2352
www.gymoutfitters.com

Bring this ad in and **Receive 10% off any new equipment or accessory.**

Ask about our Military, Police and Fire department discounts.



QUESTIONS FROM OUR WEBSITE



Galen Danielson, PT, DPT

Question: " I had back surgery last year, is it safe for me to play golf this summer?"

Answer: *This is a difficult question. There are many different kinds of back surgery, some more invasive and complex than others and require different precautions. It is important that before you think about getting back onto the course you receive an evaluation by a licensed physical therapist and you have clearance from your surgeon.*

Back surgery is a scary and intricate procedure that is done to help relieve back pain and other serious medical issues. Back surgery is not an activity ending procedure; many patients are able to return to their pre-surgery levels of activity. It is important though that the proper precautions are taken when returning from this serious medical procedure. Proper strength is needed in order to maintain the stability of your spine, especially if you are to return to a full level of active function.

Stability and strength are terms that are thrown around the medical and rehabilitation community quite regularly, but what does it really mean. Stability by definition means "the quality or attribute of being firm and steadfast". You may be wondering how that applies to your back. This is where strength comes into the picture. In terms of your spine, both the residing structure of the bones and the strength of the muscles are important in returning patients to full activity levels without jeopardizing their surgery.

This is where the expertise of specially trained physical therapists come into the picture. Many muscles that help stabilize the spine do not respond well to surgery, they become weaker and smaller after surgery. It takes a specific program of exercises to help rebuild these muscles safely and effectively. At RehabAuthority our Back to Life program incorporates those exact principles in developing a specific plan for your return to not only golf, but to your daily life without having to worry about your recent back surgery.

Have you visited our updated website?

Go to www.RehabAuthority.com to learn more about us and how we can SOLVE your back or neck problem.

TO STRETCH OR NOT TO STRETCH?

It is that time of year, the snow is disappearing and temperatures are rising. The beginning of the golf season is always an exciting time of year, it is important to take care of yourself prior to taking the first swings of the year.

There are multiple studies illustrating the importance of stretching prior to physical activity; and yes, golf is considered a physical activity.

Many assume that since most golf is recreational it does not require the same amount of attention to prepare for. **The golf swing is a complex, multi-joint and axis motion that requires your body's muscles to work together for the best result.** In order to fully prepare for a round on the links it does not require an hour long work out. If you follow the routine outlined on the following page you can be limbered up in 30 minutes or less!

Warm Up!

It is always best to begin with a general cardiovascular activity, walking, cycling or jogging for 5 to 10 minutes at a comfortable pace is enough to elevate your heart rate and increase the blood flow to the muscles you'll be using.





Stretch!

Perform the routine below after your warm up. Hold each stretch for 15 seconds and perform each stretch 5 times in order to achieve the best results.

TO STRETCH OR NOT TO STRETCH? (cont.)



1) Knee to opposite shoulder

- Lie flat on your back
- Grasp one knee with both hands & gently pull up & across your body toward the opposite shoulder until you feel a good stretch
- Hold for 15 seconds
- Switch legs & repeat 5 times



2) Hamstring Stretch

- Lie flat on your back
- Grasp one leg, behind your knee with both hands
- Pull your leg up to a 90 degree angle towards your body, then gently kick your leg as straight as possible
- Once you feel a good stretch, hold this position & pump your ankle 15 times
 - When you pump your ankle you should feel the intensity of the stretch increase
 - Switch legs & repeat 5 times.



Quad Stretch

- Stand with your feet together
- Slowly pull your L ankle up toward your buttock
- Hold onto a tree or the golf cart for balance
- Try to stand as straight upward as you can without letting your knee flare out to the side
- Hold for 15 seconds then switch legs, repeat 5 times



Shoulder Stretch

- Hold your L arm out in front of you
- Grab your L elbow with your R hand and pull across your body until you feel a good stretch in the back of your shoulder
- Hold for 15 seconds then switch arms, repeat 5 times



Forearm and wrist stretch

- Hold your left arm out in front of you with your elbow locked straight
- With your R hand, pull down (flex) your L wrist until you feel a stretch through your forearm
- Hold for 15 seconds then rotate your L arm so that your palm is facing upward and use your R hand to extend your wrist until you feel a stretch and hold for 15 seconds
- Perform 5 times each and then switch arms

This is a good stretch to help prevent that pesky golfers/tennis elbow



"BACK IN THE SWING" GOLF FITNESS PROGRAM - TESTIMONIAL

My name is John Wilson and I am a PGA Apprentice who went through the golf fitness program during the winter months. The program included some flexibility exercises that were awesome and I believe to be one of the most important aspects of golf exercise. When the golf season came around, I felt great. I could walk 18 holes with no fatigue right from the very first round of the year. You know when your back starts getting tired around the 14th or 15th hole, well not this time I felt strong the entire season! For me one of the goals for participating in the program was to improve my core strength to specifically translate to improve power in my swing. I was able to accomplish this with completion of the golf fitness program offered at RehabAuthority. I would personally like to thank the Rehab Authority staff for making my body feel great in the early spring for golf season. If you are an avid golfer or even get tired after a round of golf and would like to feel stronger and more flexible I highly recommend talking to the folks at RehabAuthority, it will improve your mechanics and make you feel better about your game.



Become a RehabAuthority fan!



4th Annual Golf Scramble - July 30, 2010

WE ARE BACK AND BIGGER THAN EVER!!

We are changing locations this year and the tournament will be held at Banbury Golf Course, July 30th at 2 p.m. We want to once again invite all of our friends, professional colleagues and past patients to come out and enjoy a great tournament with golf, food and awesome prizes!

The tournament will consist of 36, 4 person teams with 2 teams starting at each hole. There will be team prizes for 1st, 2nd, and 3rd place. There will also be prizes for closest to the pin, longest drive and raffle prizes.

- **Team Sponsorship**
\$320 entry fee for 4 players. This includes all greens fees, cart, and a full meal after the tournament.
- **Hole Sponsorship**
\$200 per hole. The vendor may distribute materials at the hole to golfers. Each vendor will also receive a sign at the hole as well as significant mention during the reception after the tournament. If a team would like to sponsor a hole as well the total price is \$420.
- **Hole in one prizes**
We have several hole in one prizes and some new twists!
- **Raffle tickets**
We will sell raffle tickets for hundreds of prizes to be given away after the tournament.
- **\$5,000 Putting contest**
We will have a \$5,000 putting contest that everyone is automatically entered into.

Our goal in all of this is to provide a first class tournament that nobody will forget. We've had a blast in years past and we want to invite all of you back again.

To enter a team or to answer any questions please feel free to contact me:

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