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# Bringing Strength To Your Game

Presentation to Seymour Golf Club

Women's Opening Day

May 5, 2015

# Who is presenting?



## Dana Ranahan

- *Registered Physiotherapist*
- *Practicing for 22 years*
- B.Sc., B.Sc.P.T.
- Fellow of the Canadian Academy of Manual and Manipulative Therapy (FCAMT)
- Diploma Sports Physiotherapy
- CGIMS (Intramuscular Stimulation)



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# The Body Works Physiotherapy Team

We provide one on one physiotherapy services in North Vancouver.

We have years of sporting experience including:

- Vancouver 2010 Olympics Short Track Speed Skating,
- Women's National Soccer team,
- Men's volleyball, Men's baseball,
- National level Hockey and Figure Skating,
- Golf tournament sponsorship and coverage.

We apply our experience in sports and body movement to help create individualized sport specific assessment, treatment, exercise prescription and education.



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# Golf – why do we love it so?

- It is a great way to get exercise, connect with friends, network with others, and spend time playing a great game in the great outdoors



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# How to keep playing your best?

- Avoid injury!
- Stay fit!
- But how do I do that?



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# How do I get injured?

- Altered Body Mechanics
- Poor warm-up prior to play
- Lack of mobility in an area of the body
- Poor strength and muscular endurance
- Overuse and fatigue
- Poor nutrition



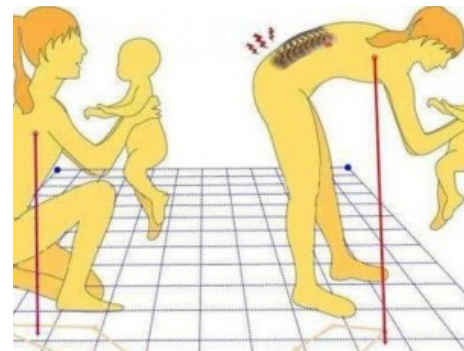
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# What are Body Mechanics?

- Body mechanics basically means looking at how the body moves.
- As physiotherapists, we help to:
  - identify where your body is restricted and where it may be moving too much.
  - look at sport specific movements and postures.



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# Body Mechanics in Golf

With golf, the golf swing consists of a complex series of movements in the body.

Every golf swing is different.

Example: Common to see restriction in the mid-back or ribcage area which can lead to neck and lower back pain.



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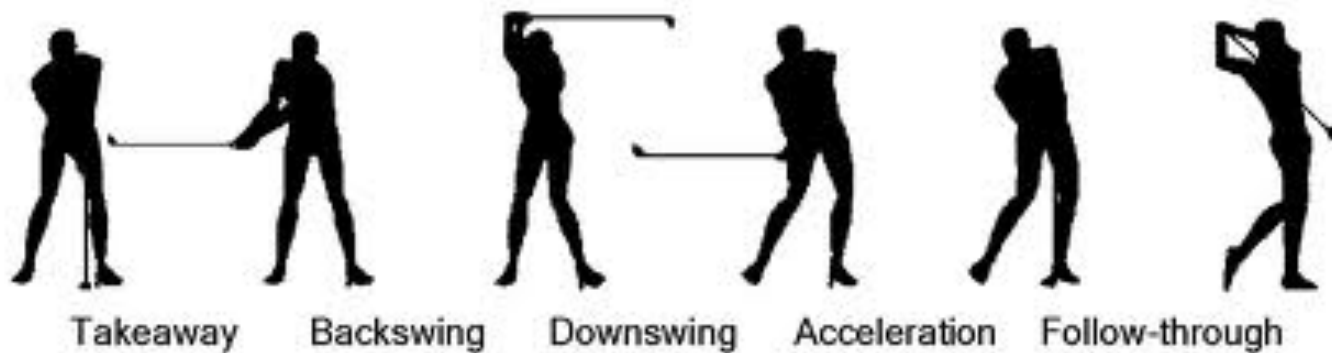
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# Why should I warm-up?

To help prepare your body for the round!

- Move better
- Feel better
- Hit better



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# How should I warm up?

## Dynamic versus static stretching

What is the difference?

Research article on effects of Static vs dynamic  
Stretching in Golf

### **LATENT EFFECT OF PASSIVE STATIC STRETCHING ON DRIVER CLUBHEAD SPEED, DISTANCE, ACCURACY, AND CONSISTENT BALL CONTACT IN YOUNG MALE COMPETITIVE GOLFERS**

**JEFFREY C. GERGLEY**

*Human Performance Laboratory, Department of Kinesiology and Health Science, Stephen F. Austin State University,  
Nacogdoches, Texas*



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# Research article results

- All compared to the effects of a dynamic stretching routine:
- **Driver Clubhead Speed**
  - reduced up to 30 min after static stretching
- **Driver Distance**
  - reduced up to 60 min after static stretching
- **Shot Accuracy**
  - reduced for up to 45 min after static stretching
- **Consistent ball contact**
  - reduced up to 60 min after static stretching



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# What do we do to prepare our bodies for a round of golf?

- What is a proper warm-up?
- Will it address my needs?
- Will it help reduce injury?
- See handout



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# Dynamic Warm-ups individualized

- Dynamic Warm-ups can be individualized based on your own needs, body mechanics and own injury history!
- Do you have a stiff mid-back?
- Have you had a previous low back injury or low back pain?



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# When would I use static stretching?

- Static stretching is best done AFTER playing golf.
- Regular Static stretching, when done after golf or at other times of the day, can help to increase flexibility in the muscle overall so that, over time, it can become more flexible and stronger within that new range of movement.



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# Static Stretching examples



As seen on our website [www.body-works.ca](http://www.body-works.ca) under resources



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# What next?

If you have worked on stretching to create better mobility in your body, then it is time to ensure that you have enough strength within the new mobility.

On to finding your core strength!



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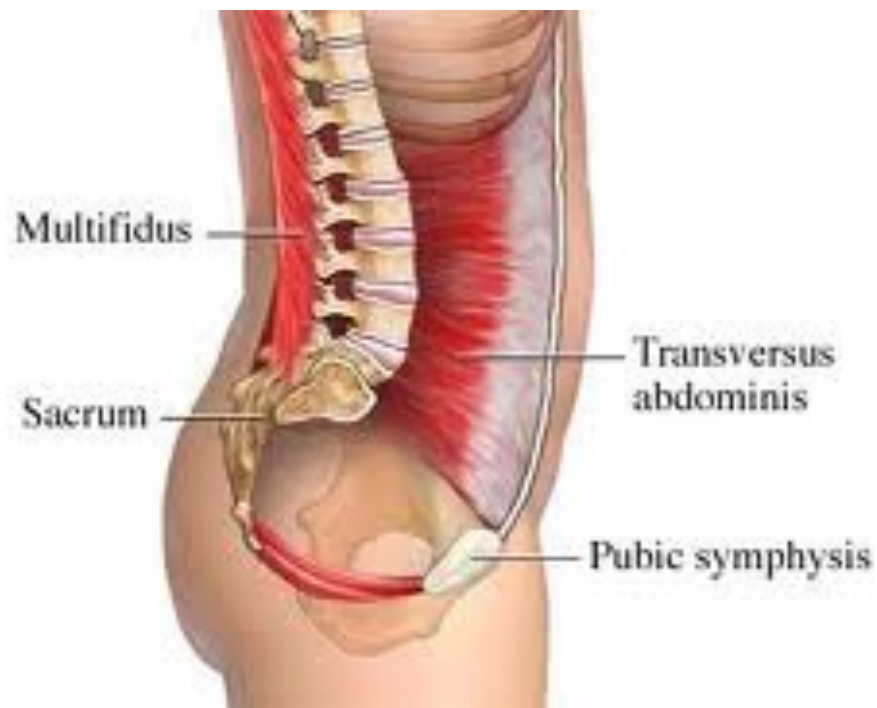
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# Strength - What is the core?

“The Core” has a variety of components that serve different functions, such as:

1. The Spine
2. The Connective Tissue and Fascia
3. The Core Musculature



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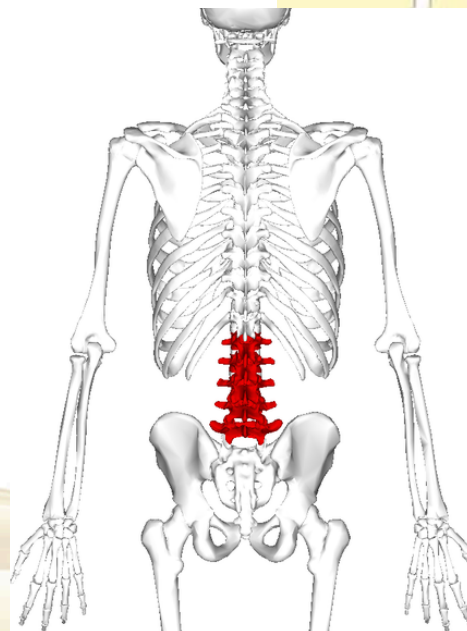
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# Core – The Spine

The different regions of the spine are:

1. Cervical Spine
2. Thoracic Spine
3. Lumbar spine



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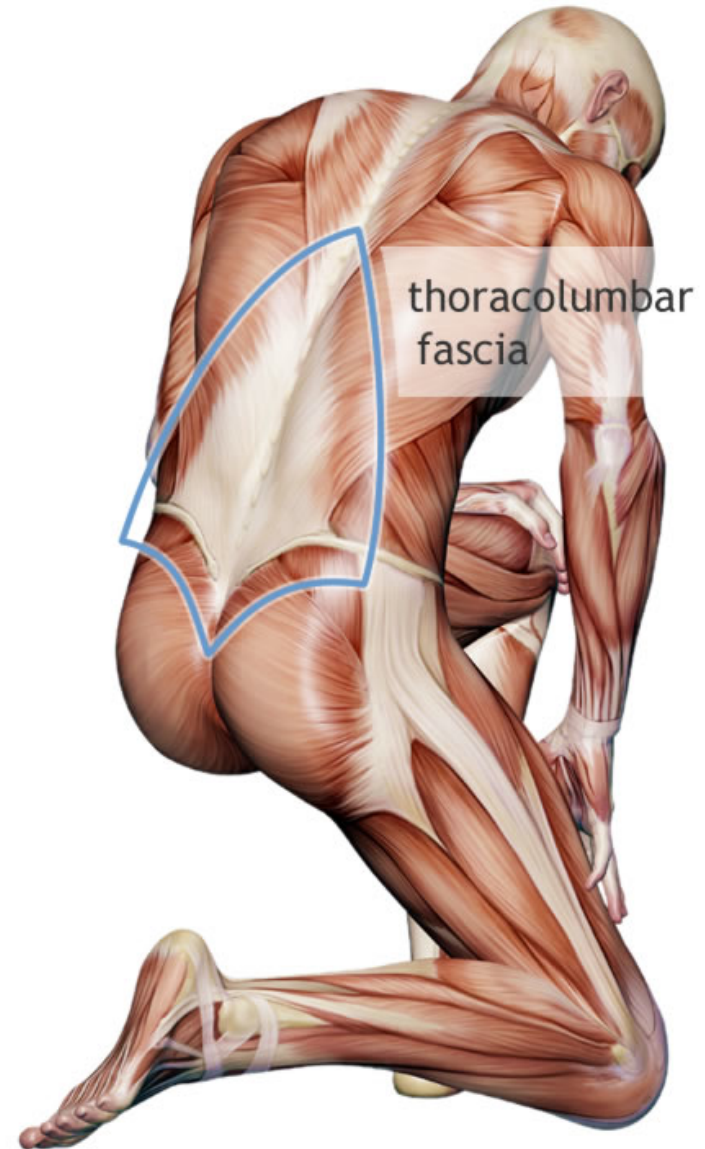
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# The Core - Fascia

Examples of important fascia in the body are:

- Thoraco-lumbar fascia
- Iliotibial band

They are often connected throughout our body in what are called “fascial lines”.



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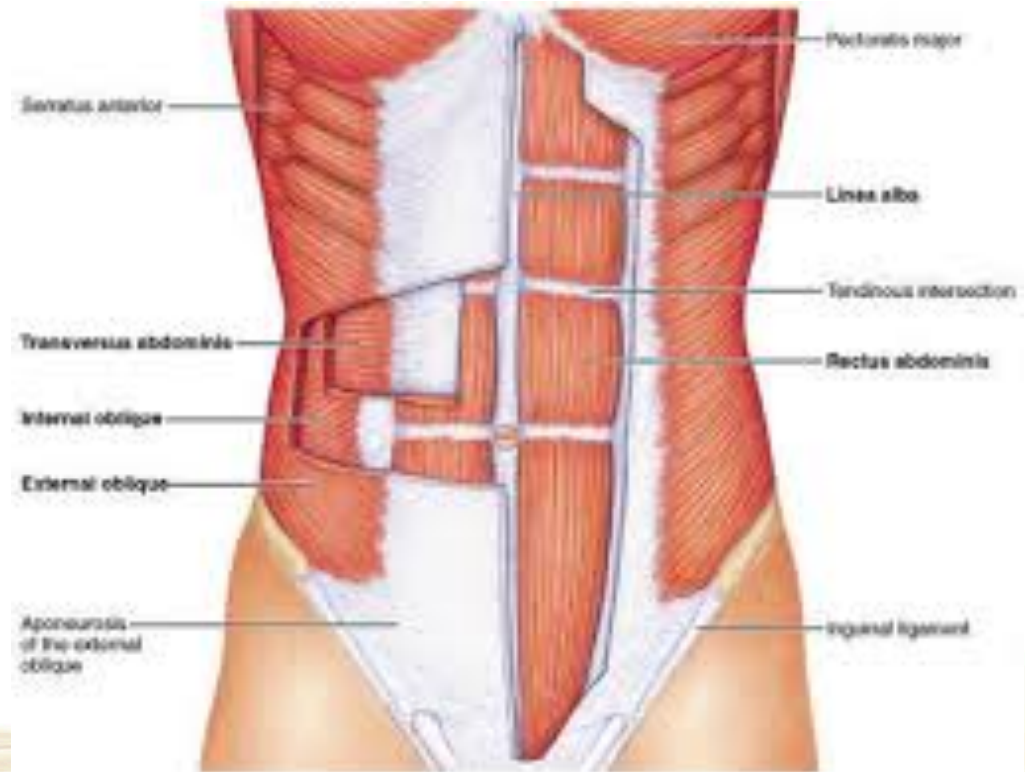
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# The Core - Muscles

The core musculature can be broken down into:

- The Inner unit
- The Outer unit



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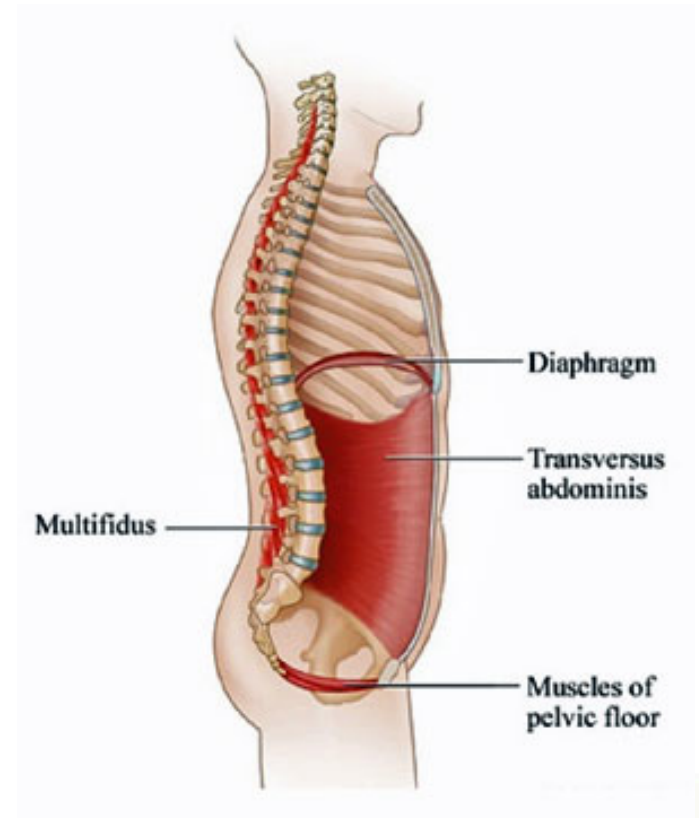


# The Core – Inner Unit Muscles

The **inner unit** is deep in the abdomen and lies close to the spine and abdominal viscera. The Inner unit includes:

1. The Diaphragm
2. The Transversus Abdominus muscle
3. The Multifidus muscle
4. The Pelvic Floor muscles

Efficient breathing is often overlooked as an important function of the core.



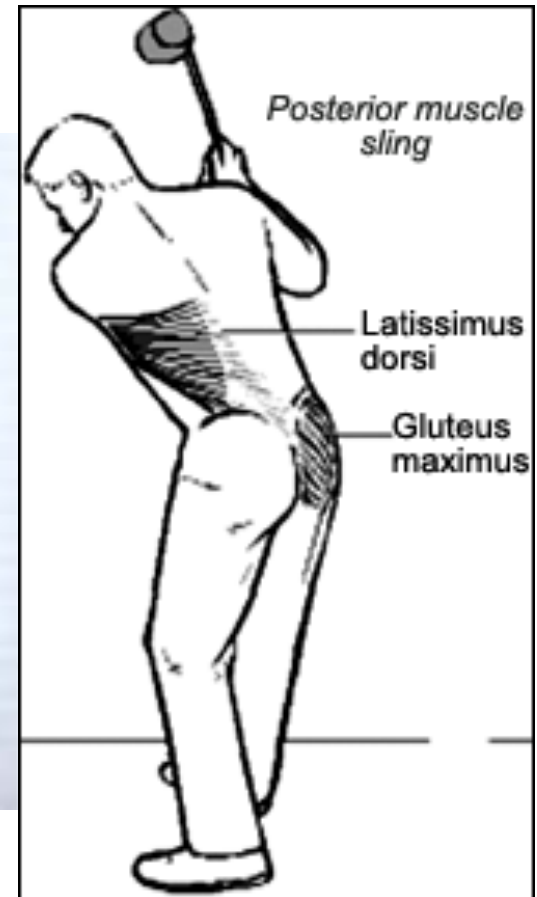
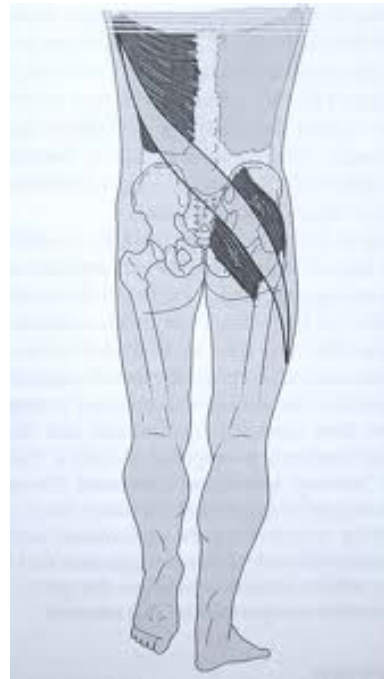
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# The Core – Outer Unit Muscles

- The **outer unit** muscles are the larger global muscles that control functional movement.
- These muscles can be organized according to myofascial slings of function:
- Posterior Oblique Sling
  - gluteus maximus and latissimus dorsi on the other side of the body



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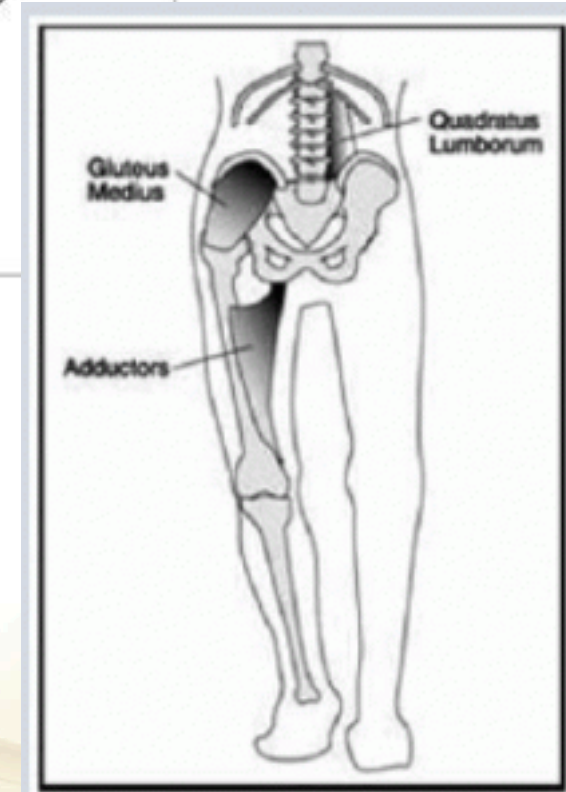
# The Core - Outer Unit Muscles

## Anterior Oblique Sling

- external oblique muscle and
- opposite adductor muscle group

## Lateral sling

- Quadratus lumborum muscle and opposite deep gluteals and hamstrings.



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# Strength and endurance

Importance of:

- Core strength – see handout for inner core
- Coordinating your core with hip strength and stability and for function, such as the address position to start
- Balance and ability to transfer loads
- Shoulder strength and mobility



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# Examples of strength exercises

Michelle Wie video (on Golf Channel April 17/15)

Other simple strengthening ideas for golf:



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# Nutrition

What should I eat to keep me strong on the course?

- Stay hydrated! Drink lots of fluids. If it is a warm day, then more clear fluids are required. Wear a hat to protect from sun.
- Energy drinks are high in sugar but can be helpful in keeping your energy up on the course, along with hydration.



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# GOLFING INJURY PREVALENCE - OVERUSE

- The average golfer plays 37 rounds of golf per year and many more days practicing.
- Highly repetitive, asymmetrical activity.
- It is no wonder then that there are many overuse injuries in golf.
- Especially if there are compensation patterns going on during your swing



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# Nutrition

Bring along good snacks that include protein, carbohydrate and good fats to keep your body fueled properly.

- Examples are : apple with peanut butter, piece of ham with carrots, home made granola bar or protein bar.
- If you are hungry for more, remember to choose something healthy to fuel up!



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# Recovery Nutrition after a round

After a round, it is important to ensure that you:

1. Fuel up on protein replacement within 30 minutes of playing. To help muscles recover faster after the exercise.
2. Recovery meal/snack can include carbohydrates and electrolytes as well (recovery drinks available on the market – such as vega)
3. If muscles are sore, soak in a warm bath with epsom salts to help your muscles recover.



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**Thank you!**

Call us at 604-983-6616

Email any inquiries at [info@body-works.ca](mailto:info@body-works.ca)



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