



MONTHLY NEWSLETTER

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Improving Flexibility

Like all professional athletes competing at the top of their game, golfers on the tour circuit have unique qualities and special talents that allow them to compete at the level they do.

These special talents include but certainly are not limited to excellent balance and coordination, optimal strength in all the right muscle groups, dedication to practice, mental toughness, and a tremendous level of flexibility.

Although most of us do not possess the above qualities at the level of the typical touring golf professional, we can all work to improve the areas we recognize as our weaknesses. This article takes an up close look at the importance of flexibility in our golf game.

Flexibility is the ability of a muscle or muscle group to lengthen, allowing maximum mobility to occur between body parts. It is critical in the golf swing as it allows not only performance of the swing but also the correct posture when addressing the ball.

Unfortunately, most of us do not spend the dedicated time on a daily basis stretching to improve our flexibility.

Stretching program

Frequency and consistency are two essential characteristics of a stretching program. As we age, our muscles lose their extensibility and their ability to retain water.

As a result, it becomes much more difficult to maintain our flexibility unless we stretch frequently and consistently. A good stretching program should consist of at least one to two sessions daily.

Our muscles also share similar characteristics to plastic and rubber. They are much more extensible after being warmed up. This is why it is important to always warm up at least five minutes prior to stretching.

This could include walking, stationary bike, or arm circles and trunk rotations.

Although improving our flexibility demands much more than just a brief warmup and a few stretches prior to teeing it up, we can certainly benefit from a stretching session just prior to our golf game.

This is beneficial in both reducing risk for injury and for giving us a few extra yards off the tee.

Important muscle groups to target for the golf swing are hamstrings, hip flexors, hip and trunk rotators, posterior deltoid, pecs and latissimus dorsi, and the cervical rotators. We can target each of these muscle groups by using our golf cart and a club each time we tee it up.

Make it a point to better your golf game by incorporating a sound stretching program. Performing the stretches in the above pictures is a good starting point for beginners. Who knows? This just might give you that difference in your swing you've been looking for.

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