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Training with a Certified Golf Biomechanic: Finally a Way to Improve the Golfer, Not Just the Game

Improve your scores and reduce the risk of career-ending injuries by working with a trainer taught to specifically cater to the needs of golfers.

Most golfers know that an effective exercise program and correct training can prevent injuries and can ultimately lead to a better golf game. When consulting the advice of a personal trainer to achieve better results, it is important to choose a trainer that has a solid understanding of biomechanics – the way the human body moves. A certified golf-biomechanic focuses on improving function through correct training. Without a doubt, **the only way to improve a golf game is to improve the actual golfer; the way they stretch, swing, and train.**

Paul Chek, author of “The Golf Biomechanic’s Manual” and founder of the C.H.E.K. Institute in San Diego, CA, designed the Golf Biomechanic Certification Intensive to teach his technique to fitness trainers, health professionals and golf pros. To earn the title “Certified Golf Biomechanic”, a person must first demonstrate extensive knowledge and grasp of the C.H.E.K. System for developing golf performance and be able to address golf-specific conditioning needs. To prove their knowledge they must also pass a rigorous practical and written exam. Chek is one of the most sought after conditioning and rehabilitation in the world. He is respected not only because he promotes proper self-conditioning and training, but **because his cutting-edge techniques also prevent more injuries.** “Unlike golf, bodybuilding does not include a functional component; success in bodybuilding is not dependent upon precision timing, control, accuracy, or skill,” Chek writes in “The Golf Biomechanic’s Manual”. He maintains that by following a carefully designed program, conditioning the golfer specifically for the game of golf, the risk of injury can be significantly reduced, and the ultimate result is a better score. “With successful application of scientific conditioning principles, today’s golfers may, for the first time in over thirty years, approach lowering their golf scores” Chek writes.



Golf is one of the fastest rising participation sports in the world. The fact is golfers will do anything to hit the ball longer and lower their handicap! Golfers regularly spend as much as \$4,000 on a set of clubs, which they can’t even swing properly, hoping for an extra few meters on their drive. But despite all the technological improvements in golf equipment, the average handicap for both males and females has not dropped in the past 16 years. Fifty-five years ago, golfers were winning tournaments such as the US Masters Championships with a score of 279; a score that would win many major tournaments around the world today! So much for golf technology!

What golfers are now discovering is that the clubs don't play the game, the golfer does! **The only way to achieve a lower handicap is to improve the function of the golfer - the person who actually swings the club!**

Did you know that 53% of male and 45% of female golfers suffer from low back pain, and 30% of all touring professionals are playing injured at any given time? The sport is also rampant with wrist and shoulder problems, which is not surprising, considering the lack of core conditioning in most golfers, leading to overuse of the arms. That's where the corrective exercise specialist and certified Golf Biomechanic can help! Golfers need this service to reduce the incidence of injury. They will come to understand

- ✓ How poor posture and tight muscles affect the swing and what to do about it
- ✓ Why warming up before play can dramatically enhance play
- ✓ The correct way to train for improved flexibility, strength and power
- ✓ Why breaking the Flexibility – Stability – Strength – Power formula can break your body