

Hit that Ball to the Moon

– and not break your back doing it!

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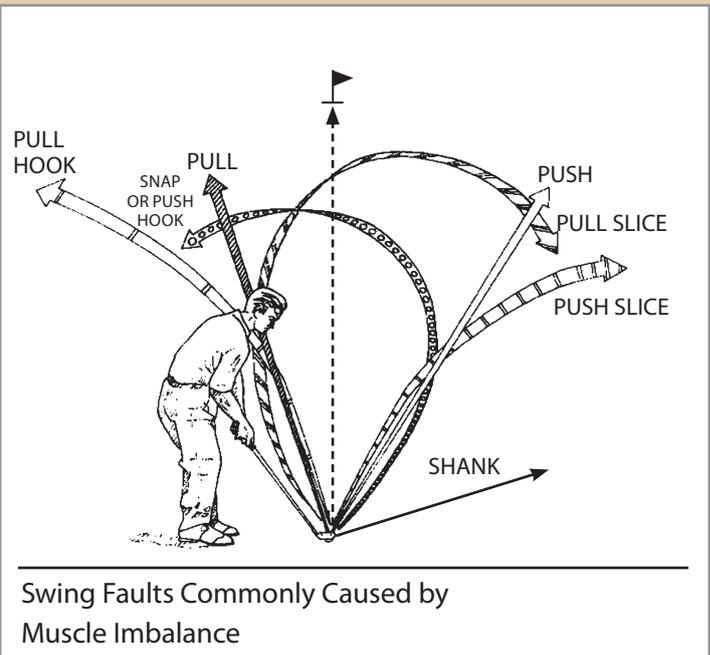
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Do you want to improve your scores? Does pain stop you from playing a satisfying round of golf with your buddies? Or are you pondering about trying golf for the first time? Whether you're new or experienced on the fairways and greens, a golf-specific conditioning program can give you an edge and keep you on the course rather than on the "OB" with a nagging injury.

Golf is one of the fastest rising participation sports in the world and yet majority of golfers pay no attention to conditioning for this power game. The irony is golfers will do anything to hit the ball longer and lower their handicaps. Golfers regularly spend as much as US\$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 professional golfers are now discovering is that the clubs don't play the game, the golfer does! Therefore the only way to achieve a lower handicap is to improve the function of the golfer - the person behind the club!

Unfortunately most recreational golfers consider golf as a game of natural talent and technical skills rather than an athletic event. Many have the idea that golf requires less exertion than most other sports, an attitude that all too often leads to injury. The golf swing is one of the most complex and unnatural actions in sports. Golf is rotation! To golf at full potential, the golfer must possess the ability to rotate almost every joint in his or her body to its functional capacity. Any restrictions in the shoulder girdle, torso, pelvis or hips will result in compensation somewhere else in the musculoskeletal system, the results of which is often seen as faults in the golf swing. Long term compensations may also express themselves as nagging pain or repeated injuries. 53% of male and 45% of female golfers suffer from lower back pain, and 30% of all touring professionals are playing injured at any given time. The sport is also prevalent with wrist and shoulder problems, which are not surprising, considering the lack of core conditioning and poor posture with most golfers, leading to overuse of the arms.

Most golfers in an attempt to "hit the ball to the moon" seek golf conditioning books, many of which are based on body building principles, wherein the primary goal is larger muscle growth. This often leads to frustration as their swing either deteriorates or there is no improvement in distance. Unlike golf, body building does not include a functional component and success is not dependent upon precision timing, control, accuracy or skill! Therefore such training programs often lead to sedation of the nervous system's ability to organize and synchronize complex multi joint movements! Another common sight with golfers trying to improve their game is performing weighted swings with a weighted golf club or trying to duplicate the golf swing with any kind of resistance equipment which again throws off their technique on the course as their brain thinks its doing resistance training at tee-off!



Swing Faults Commonly Caused by Muscle Imbalance

The conditioning goal for golfers should be a strong, yet, flexible musculoskeletal system that maximizes swinging power and minimizes injury risk. A personalized golf conditioning program takes into account the WHOLE GOLFER. This "WHOLE in One Golf Conditioning Program" is based upon the principles of functional exercise and designed to restore balance, length, strength and coordination of movement patterns specific to this sport which requires integration of the whole body including eyesight! A "WHOLE in One Golf Conditioning Program" is based on the flexibility - stability - strength - power progression, which allows the golfer to condition for the game in a manner that is conducive to optimal, injury free golf performance. In such a program, the golfer will come to appreciate and understand

- How posture can make or break your game
- How 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, stability, strength and power
- Why breaking the Flexibility-Stability-Strength-Power formula can break your body

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