



Although not generally considered strenuous, golf is an athletic, physically demanding game that requires flexibility, strength, balance, and coordination. Optimal flexibility and strength create a more repeatable and efficient swing while promoting balance and coordination and reducing your risk of injury. Juniors, seniors, men, women, and those with a history of injury have unique strengths and weaknesses that need to be addressed.

Of the hundreds of training devices on the market today, not one is more effective at improving your overall ability to play the game of golf better than your own body. Golfers are athletes and proper conditioning maximizes your ability to play the game. If you participate in a golf conditioning program or are interested in starting, it is important that your program is customized to fit your abilities, experience and goals.

As a golfer and physical therapist specializing in Orthopedic Rehabilitation, Golf Conditioning and Injury Prevention I understand the game and biomechanics involved. During your evaluation I will:

1. Discuss your experience, goals and any relevant medical history
2. Perform a comprehensive flexibility, strength and movement evaluation
3. Develop an individualized golf specific conditioning program to overcome your weaknesses and improve your strengths.

Flexibility, Strength and the Golf Swing

Flexibility

Optimal range of motion is necessary and promotes an efficient swing by reducing restrictions among the moving parts. Our body is a long chain made up of many links and when there are restrictions among any of these links that make up the kinetic chain, compensations occur, often resulting in swing faults and injury.

Strength

Strength is important to the golfer for many reasons: yes, strong muscles, tendons, and ligaments help keep us injury free by improving our body's ability to absorb and distribute the stress of the golf swing. But strength also provides stability while contributing to coordination, endurance and power. Strength in our legs, hips, trunk, shoulders and arms provide a stable base of support for each succeeding segment to work from. This allows the forces we generate throughout the golf swing to be transferred through each link to the club head and golf ball in a more efficient and coordinated manner. Improved efficiency yields greater power with less effort and less stress on the body.

We are only as strong as our weakest link.



Posture

Flexibility and strength also provides the ability to maintain proper posture throughout the swing, allowing for a more reliable axis of rotation, one of the keys to a more repeatable swing and consistent ball striking. Postural strength combined with leg, hip and arm strength, also allows for more precise coordination of the legs and arms with our trunk. Good posture also promotes efficient movement between all moving parts and is less stressful on the body.

Endurance

Proper conditioning improves our endurance which delays the onset of fatigue. Fatigue in one or more links within a segment can lead to any number of faults such as loss of posture, coordination, balance and timing. This is not conducive to an efficient or reliable swing and leaves us more vulnerable to injury.

Injury Prevention

All of the above reduces the risk of injury and promotes a more efficient, consistent and repeatable golf swing while improving your coordination and balance.

It's never too late to start a golf conditioning program.



John Hinds is a licensed physical therapist and lifelong golfer who specializes in Orthopedic Rehabilitation, Golf Conditioning, and Injury Prevention. He has more than 18 years experience working with both recreational and elite athletes from most sports and is included among the Titleist Performance Institute's Approved Fitness Professionals. John utilizes his education in biomechanics, kinesiology, exercise physiology and knowledge of the game to design scientifically sound, practical and customized programs that optimize golf specific flexibility, strength, balance and coordination.

John is also available for golf conditioning clinics.

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MOST INSURANCES ACCEPTED

CASH RATES:

\$85: Complete golf specific musculoskeletal flexibility and strength assessment with instruction of select exercises (time permitting). 1 hr.

\$65: Follow up visit for instruction and/or progression of flexibility and strengthening exercises as well as discussion and assessment as needed to address progress, questions or concerns. 1 hr.

\$140 (save \$10): Complete golf specific musculoskeletal flexibility and strength assessment with comprehensive stretching and strengthening exercises. Two, 1 hr. appts.

\$255 (save \$25): Complete golf specific musculoskeletal flexibility and strength assessment with comprehensive stretching and strengthening exercises (2 hrs.) plus two follow up visits for progression of flexibility and strengthening exercises as well as discussion and assessment as needed to address progress, questions or concerns (1 hr. ea.)

Training Packages also available after initial evaluation:
 5 sessions \$300 (save \$25)

GOLF CONDITIONING PROGRAM

by

John Hinds, PT

**Titleist Performance Institute
 Approved Fitness Professional**



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