

7 Golf Tips That Will Help You Swing More Efficiently With Less Pain— Never Miss a Tee Time!

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Move Better, Swing Better, Perform Better

Athletes in every other rotational sport (baseball, tennis, etc.) are light years ahead of golf from a fitness and training standpoint. It's time for golfers to start focusing on the body-swing connection to elevate their game and prevent injury. Here's a simple guide to follow for less ache, more distance, and lower scores.

WARM UP



Let's be honest—the majority of our day is spent in a car, at a desk, or on the couch. This prolonged static positioning in a forward/backward direction makes it pretty difficult to then go out and perform a rotational sport at a high level without some sort of stiffness. That's why utilizing a good warm up prior to playing or practicing will prep the body for the types of movements required in the golf swing. Your warm up should focus on rotation of the neck, shoulders, upper back, and hips. Dynamic movements like squatting or lunging as well as explosive movements like jumping can also be great additions to a golf warm up. Finally, I'd encourage you to grab a club and swing both directions. I know it sounds odd but its a great way to jump start your nervous system.

Golf Mobility

I'm sure it's no secret to you that golfers need to have good mobility in order to generate a consistent, repeatable swing. But where is mobility the most important?

Rotational mobility is needed from the shoulders, mid back, and hips during the backswing and followthrough. If any of these areas are stuck and lacking full range of motion due to joint stiffness, soft tissue tightness or weakness, it forces the body to find that range of motion from another source to complete the golf swing. Often times this comes at the expense of the lower back causing pain or post round stiffness. The better mobility you have in these three areas the more likely you are to maintain your posture through the golf swing without compensation.



Rotational Stability

Core stability gets thrown around quite a bit with golfers, but most of the traditional core exercises people gravitate towards such as crunches, sit ups, and curl ups don't actually provide the stability needed for a rotational sport like golf.

Rather than isolate individual muscles like your abdominals, it's more beneficial to engage all of your core muscles together with dynamic movement. While performing these full body movements, your goal is to prevent excessive spinal rotation and/or spinal extension. We want our core to not only generate power, but also have the ability to decelerate and prevent excessive movement into rotation or extension at the same time.



Find The Right Instructor



**I don't think it's a secret—
golf is hard....really hard!**

And if you truly want to improve your game it's time to get some professional help. Most amateurs don't look to get help soon enough and have a common misconception that lessons are only for lower handicap players. This couldn't be further from the truth. A good golf instructor will identify faulty swing characteristics and help you achieve better impact, limit miss hits, increase distance, and ultimately lower scores. Additionally, working with a golf instructor will also help prevent your body from developing bad habits that can lead to pain, stiffness, and injury.

Post Round Flexibility

One of the most overlooked aspects of sports performance is the recovery process. Part of that recovery process starts with a good post round routine that includes flexibility and soft tissue mobility with a foam roller.

After you've finished your round, carve out 10 minutes when you get home to go through a simple flow of stretches and foam rolling that target some of the major muscle groups i.e. hamstrings, quadriceps, calves, lats, and glutes.



Mindset and Course Management



The mental aspect of golf is just as important, if not more important, to performance than the physical aspect. The psychological benefits of a good mindset and improved decision making are less blow ups, lower scores, and generally a more enjoyable round.

However, it's often overlooked how much poor course management and poor mindset play into injury. How many times have you been upset after hitting a shot out of bounds and then swung out of your shoes on the next shot with pure anger? Or decided it was a good idea to go for it on a par 5 by swinging your 3 Wood as hard as you can? These avoidable decisions put much more stress and strain on the body. If you then combine those same two examples with any mobility restrictions in the areas we discussed earlier, your injury risk dramatically increases each time you over-swing the golf club. You can shave strokes, decrease injury risk, and discover a new level of enjoyment by working on mindset and visualization.

“If You Don’t Assess It’s Just a Guess”

Our golf performance evaluation will give you the feedback you need to determine how fit your body is for golf. We’ll help you connect the dots on why you’re experiencing pain or discomfort, why you’ve been losing distance off the tee, or even why it’s been so hard to stay consistent with your swing path. We use the Titleist Performance Institute Movement Assessment, a 12-point video swing analysis, and a few other measures of our own design to determine what you need without expensive equipment or endlessly hitting balls at the range with no results.

Call/text @ (832) 291-2267 or email @ mvmt.threesixty@gmail.com if you have any questions or want more information about our proven process for helping golfers reach their performance goals, pain-free.

MVMT 360 Golf Performance Assessment

