



Improve your game with these simple physical therapy tips...

The golf swing is one of the most difficult and complicated movements in sports because it requires the integration of both stability and flexibility in one motion. Strengthening core muscles and maintaining good physical conditioning can prevent many common golfing injuries. A physical therapist can help you assess physical abilities and provide individualized training programs to address musculoskeletal imbalances, body mechanics, strength, posturing, and cardiovascular fitness. Strength, flexibility and endurance are key to improving driving distance and putting skills. An individualized program addressing these factors may help you improve your game by developing a better swing, a more accurate ball strike, greater distance, and reduced stress on the muscles and joints.

SPOTLIGHT: GOLF Don't let back pain drive you off the course!

Three helpful stretches to take with you to the links*

Make a habit of stretching and warming up before going out on the course. A twenty-minute warm up focusing on major muscle groups including your back and extremities before practice or play is ideal. You may also want to add a cardiovascular conditioning program to your regimen, for it plays a crucial role in performance: fatigue can result in increased injuries due to lack of coordinated body movements and inability to maintain correct posture. Try walking the course next round; it's good for you!

1. Trunk and Upper Body Stretch. Put a golf club in front of your chest, rotate slowly to the right and hold for 10-20 seconds. Then rotate to the left for the same amount of time.



2. Calf Stretch.

Assume the position shown in the photo to the left. Keeping your right foot flat on the ground, and your right leg slightly bent, move your left foot back behind you, keeping the left knee straight. Try to touch your heel to the ground. Hold for a count of 10. Do not bounce. Repeat this stretch with other leg.

3. Side Stretch.

Stand with your arms above your head, holding a club with your hands shoulder width apart. Slowly bend to the right and hold for 10 seconds. Bend to the left and hold for 10 seconds.



*Consult with your healthcare professional to design an appropriate exercise prescription. If you experience any pain or difficulty with these activities, stop and consult your healthcare provider.



INSIDE:
*Don't let back pain
drive you off the course!*

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Preventing Lower Back Pain: Physical Therapy Can Help You

Low back pain can arise from many different conditions. At CompletePT, your physical therapist will perform an assessment of your posture, flexibility, strength, joint mobility, and movement. An individualized treatment plan will then be determined based on the findings of your evaluation, and your physical therapist will help you decide if pool therapy, land therapy, or a combination of both would be best for you. The plan will seek to decrease pain while restoring mobility with the use of exercises, manual therapy techniques, and modalities. You will also receive tips on how to use your body at work, home, and during sports and recreational activities to avoid further aggravation of your low back pain. **Call CompletePT at 310.845.9690 to schedule your appointment today.**

Latest Happenings at CompletePT:



**Akemi Rico, DPT, far left,
with CompletePT support team
at the capoeira event.**

- October is National Physical Therapy Month! You are invited to come back to our warm pool for a tune up. The first ten people to RSVP for this special offer will win a free Waterpower Workout class! Call (310) 845-9690 for your chance to win.
- Akemi Rico, DPT, (see photo) was awarded her green belt in capoeira, a Brazilian martial art, at Grupo Capoeira Brasil's 11th International Capoeira Festival.
- Beginning in November, patients who attend all of their planned physical therapy visits will receive their choice of the beautiful new blue or white CompletePT T-shirt.

