

# HOUR PROFESSIONALS

## Get Into the Swing with Team Rehab's golf fitness assessment

**EVERY GOLFER KNOWS THAT VERY** few golf games are perfect, but that's what keeps the sport exciting. Where would the challenge be if every swing resulted in a hole in one? Golf is both a physical and mental sport — one where the outcome is determined by both pain-free movement and the right reading of the lie.

According to Scott Delcomyn, clinic director of Team Rehabilitation's Southgate Clinic, pain should never be a factor in your golf game. "If you have pain while playing golf, it's likely that something in the mechanics of your swing is off," he says.

Whether it's the hip, low back, elbow, shoulder, or neck, almost every joint in the body can be affected. Team Rehab physical therapist Gwynne Waters says the best way to determine how your body influences your game is to undergo a golf specific movement screen evaluation by a medical professional who's certified by an association such as the Titleist Performance Institute (TPI). "A lot of time people have injuries that affect their golf game, and then there are times when the golf game causes injuries," Waters says.

The TPI Screen is a standardized method that has three levels of certification: Medical Professional, Fitness Professional, and Golf Pro. At Team Rehab — which has 33 locations and counting in Michigan — there are six Level 1 instructors, including Waters, and two Level 2 instructors, including Steve Scher. These certified professionals are able to accommodate everyone from recreational athletes to professional athletes, and they can modify programs accordingly. For golfers, Scher says physical therapy can help them progress out of an injury so they can golf comfortably again. The physical therapist will provide corrective exercises to help with core control and flexibility, and can partner with the golfer's PGA pro to correct flaws in the golfer's swing.

"The swing fitness assessment gives us an idea of whether a person is flexible or strong enough to have a fundamental golf swing," he says. "Generally, it's stretching and flexibility that's needed physically. Mechanically, it's something we work on with the golfer's PGA pro. Players often don't stretch enough before and after play."



A TPI clinician can evaluate what's tight, loose, or weak, and can help improve the ability to play well. From low-back pain to knee arthritis to plantar fasciitis, there are many injuries and conditions that can affect the golf game. Delcomyn says shoulder pain and "golfer's elbow" are also fairly common, but, he adds, "Of key importance is the core strength needed to swing a club safely, effectively, and powerfully. A weak core and tight upper back can have a very negative effect on one's golf game."

In the clinic, this means physical therapy focuses on improving mobility and stability, enabling a person to move properly. Waters says core work may also be complemented with manual therapy such as joint mobilization and stretching, to target areas that are prone to pain.

At Team Rehab's D1 Bloomfield Township location,

golfers can also benefit from the indoor soccer field, where they can hit soft or wiffle golf balls to reinforce the carryover of movement. "Our golfers appreciate being able to swing their club and receive feedback on their ability to maintain the postures they work on with exercises in the clinic and at home," Waters says. "For example, a player being treated for neck pain can focus on keeping his neck in a neutral position while swinging."

Delcomyn says physical therapists have always had the knowledge and skill to treat most injuries that are hampering one's golf game. "However," he says, "getting a thorough evaluation and some key exercises and manual therapy before injury can improve your game and prevent further injuries."

At Team Rehab, the goals are to evaluate and correct problems, get you out of pain, and keep you out of pain. Find out today what an evaluation can do for you and your golf game.



### Team Rehab Physical Therapy

33 locations in southeast Michigan

[www.team-rehab.com](http://www.team-rehab.com)

(See website for convenient locations & phone numbers)