

# FITZPATRICK PHYSICAL THERAPY

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## *Free Supervised Childcare and Extended Hours*

### **Celebrating Dad!**

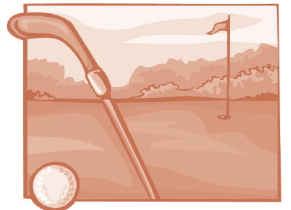
Dad does so much to take care of us throughout the year. When it's time for him to take a little "R and R" it's important that he is able to make the most of it by staying strong, healthy and injury free.

#### **REMEMBER:**

Prevention is best, however, if pain is already an issue, Fitzpatrick Physical Therapy has clinics in El Dorado Hills and Placerville with physical therapists experienced in sports

injuries who can help get Dad or any avid player back in the game.

In recognition of Father's Day, Fitzpatrick Physical Therapy is a proud sponsor of the **24th Annual Bob West Drive for Marshall Medical Center and the El Dorado Hills Chamber of Commerce Golf Tournament on June 18th, 2007**, being held at Serrano Country Club. If you are interested in playing, call or check out the website at [www.eldoradohillschamber.com](http://www.eldoradohillschamber.com).



## ***Ways to help Dad stay strong, healthy and injury free this summer with tips from Fitzpatrick Physical Therapy:***

### **DID YOU KNOW?**

Rather than experiencing overuse injuries, most amateur golfers are injured due to lack of conditioning and poor swing mechanics. The most common golf injuries occur in the soft tissues (muscles, ligaments and tendons) and joints of the upper body such as the back, elbow, wrist and shoulder.

#### **Causes of Golf Injuries:**

- Mis-hits or duffs (hitting the ground during the swing)
- Poor swing mechanics
- Over-swinging
- Not warming up correctly
- Twisting the spine during the swing
- Incorrect grip

### **Prevention of Golf Injuries Depends Upon:**

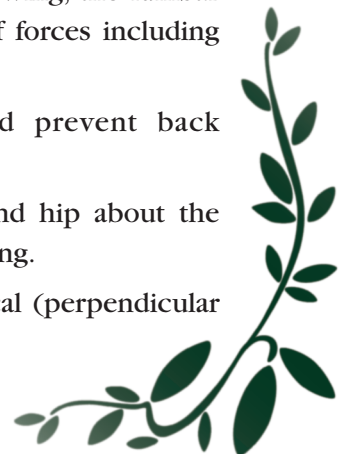
- Proper swing mechanics
- Proper conditioning
- Proper equipment

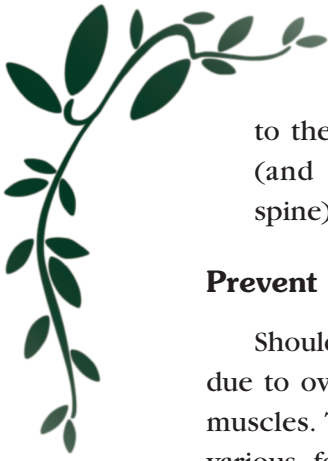
#### **Protect the Low Back**

During the typical golf swing, the lumbar spine undergoes a variety of forces including compression and rotation.

Reduce this stress and prevent back injuries by:

1. Rotating the shoulder and hip about the same during the backswing.
2. Keeping the spine vertical (perpendicular





to the ground) during the follow through (and avoiding hyperextension of the spine).

### **Prevent Shoulder Injuries**

Shoulder injuries in golfers are generally due to overuse syndromes of the rotator cuff muscles. The shoulder joint also undergoes various forces during the swing. To reduce shoulder pain and injuries you should:

1. Shorten the backswing slightly (end with the club head at 1 o'clock rather than 3 o'clock).
2. Strengthen the rotator cuff and scapular muscles (to reduce injury risk).
3. Strengthen the chest (pectoralis major) and back (latissimus dorsi) muscles (these generate power in the swing).
4. Taking a lesson with a pro can help to refine your swing so it is fluid.

### **Preventing Hand, Wrist and Elbow Pain and Injuries**

1. Select larger and softer club grips.
2. Using a neutral grip.
3. Selecting irons with large heads and "sweet spots" and graphite shafts to lessen vibration.
4. Selecting the correct club length (the end of the club should extend slightly beyond the palm of the leading hand).
5. Strengthening the forearm muscles.



### **Sample Golf Stretches**

- Neck Rolls

Slowly perform clockwise and counter clockwise neck rolls.

- Shoulder Stretches

Hold a golf club in front of you with a hand at each end of the club. Raise it over your head and hold. Then hold it the same way behind your back and lift it up to stretch the shoulders and hold. Finally, grab each elbow with the opposite hand and pull it across your body to stretch the outside capsule of each shoulder.

- Trunk Side Bends

With hands resting on your hips, bend side to side and hold.

- Trunk Rotation

With arms crossed and hands resting on the opposite shoulders, rotate the shoulders and hold in each direction.

- Swing Practice

Start swinging the club gently. At the driving range hit shots starting with a pitching wedge, and working up to the driver. If you can't go to a driving range prior to playing, use the same warm up without hitting any balls. Start with a half swing and work up to a full swing after several minutes. Focus on proper mechanics and a slow easy stroke.

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## ***Have a Great Summer With Your Dad!***

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