



Golf Fitness

Dave Phillips PGA Professional for My TPI and a co-founder, Maria Carroll TPI-FP3, Dr. Gregg Rose founder of My TPI on the golf channel.

Importance Of A Golf Fitness Program: It is not just a seasonal program

Recently I participated in the 2010 World Golf Fitness Summit held in Orlando Florida. I was asked to do a poster board presentation. This summit was hosted and put together by My TPI (Performance Institute). There were Fitness, PGA, and Medical Professionals from all around the world. The one common interest at the summit was the importance of a fitness program for the golfer.

The golf swing is a neuromuscular process that involves a highly coordinated effort between the upper and lower extremities. Because the increased interest in golf over the 10-15 years, there has been an increase in so many golf injuries. Most of these injuries could have been eliminated.

The greatest injury in males is the lower back and for females the greatest injury is in the lead wrist (for a right handed golfer). The rotational forces that the back endures puts a lot of pressure on the lower lumbar spine and you should not avoid the shoulder complex. It is so important as well. When the muscles of the shoulder complex become weak you are susceptible to injury.

Some of the benefits to a fitness program to help your golf game and your activities of daily living include:

*Enjoy pain free golf

- *Learn proper body mechanics
- *Increase the efficiency of your golf swing
- *Reduce the risk of injury
- *Increase the longevity of your game

The potential for physical improvement decreases with age. The sooner in life we begin taking care of ourselves the more function we can maintain throughout our lifespan.

This pertains to all aspects of our training protocols such as:

- Strength
- Power
- Cardiovascular function
- Mobility
- Flexibility

The loss of muscle and muscle function is gradual through middle age into early senior years with a more rapid rate beyond 70 years old. We also tend to lose balance with age. Our power decreases as well as our strength.

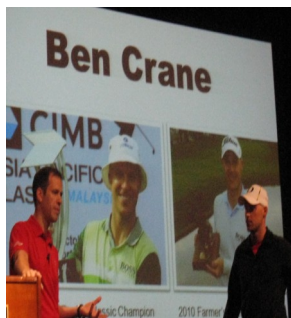
I had the great pleasure to speak to Tiger Wood's swing coach, Sean Foley and asked him, "When did you realize you needed a fitness professional on your team? He replied, "I had participated in a fitness program for myself and noticed an improvement in my game". That statement was expressed by all



the professionals during the Summit.

Here at Thousand Oaks you can get a well developed fitness program to help you become more efficient in your golf game and with your activities of daily living. I also have the 3D K-Vest, a wireless system that helps me as a fitness professional detect any mobility, stability or flexibility issues that might be hindering your golf game. It captures your swing and in seconds.

Sign up for "Power House Training for golf". Sessions will be announced. Get ready for your next season. Set up your private or group training session. Call 517.719.0852.



Dr Gregg Rose and Ben Crane PGA Professional Tour Player.

Maria Carroll

TPI CGFI-FP3 - CPT- PTA

Call (517) 719-0852 or (616) 447-7750 to set up your fitness session.

