

» Instruction: Golf Tuition

As I discussed in the last issue, getting in a correct golf posture goes a long way to reducing the likelihood of you sustaining an injury.

I find that a lot of people struggle with getting into good golf posture because of a lack of awareness of their body. However, it is more common that I find that people physically cannot get into the correct postures to start with due to physical limitations that they have. This is extremely common amongst senior golfers. As we age, there is loss of muscle flexibility, joint mobility reduces, and there is general loss of muscle strength, power and endurance. Physical limitations like this can be detrimental to your posture, and therefore your golf swing!

A common golf posture I see is a "hunchback" type posture. In this posture the shoulders are rounded forward a lot, and the spine is curved forward. Golf coaches and physiotherapists call this "C" posture, or "C" spine. This posture is usually as a result of loss of muscle flexibility in areas such as the chest, loss of spine joint mobility, and weakness of the core and back muscles.

But while these physical issues can be detrimental, the good news is that there is something you can do to reduce, or even reverse its symptoms. Even in senior golfers! In so doing, you will benefit from improved performance while reducing the likelihood of developing injuries and that in turn will lead to longevity for your golf.

If you're looking for a quick fix to the aging programme and its effects on your posture, forget it... there isn't one! It is important that you look after and maintain your body for golf. The most



STRETCH OUT FOR GOLF

effective way of improving your golf posture is to improve joint and muscle flexibility through a golf specific flexibility program. In fact, flexibility is the key to longevity in senior golfers. Stretching improves flexibility and every golfer should build a stretching routine into their day that on average takes 10

to 20 minutes. Also, building good postural strength by strengthening muscles like the glutes, core, and shoulder blade muscles will help you achieve and maintain good golf posture.

For more information contact us to get a personalized golf flexibility and fitness programme. www.instituteofgolf.co.nz

» Tip

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