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GET FIT GOLF FITNESS FOR MOM!



Janine Young

For many golfers this is the time in which thoughts about getting ready for the first round of the year begins. This typically occurs when the weather begins to turn for the better and courses closed for the winter announce an opening day. As a mother of three young children, I would also like to remind everyone, that Mother's Day is right around the corner — May 9th!

Females account for about one-quarter of the 25 million recreational golfers in the United States. This month, we are going to take a look at golf-specific injuries that are common to females and compare the differences between professional golfers and amateur golfers. One survey of 99 members of the LPGA, information was provided about their golf-related injuries. The age range was twenty- two to forty-two years old and there was an average of seventeen years golfing experience among them. During their careers, eighty-seven of the ninety-nine golfers had been injured playing golf, and there were an average of two injuries per player. Interestingly enough, the rate of injury among the women golfers was about the same as that of male professionals. They typical injury forced the female pro to miss almost three weeks from the Tour, compared with more than nine weeks for the men. The most frequently injured body areas among these female professionals were:

- Left wrist (31%)
- Lower back (22%)
- Shoulder / Left hand (8%)
- Left knee (6%)
- Left elbow / Right wrist (5%)

The two most common causes for injury reported by this group of LPGA players were:

- Over practice / repetitive swings
- Contact with an object other than the ball during a swing (for example ground or a rock)

In a survey of both male and female amateur golfers, the frequency of injuries was virtually the same, just over 60 percent for both sexes. The

most frequently injured body areas among these female amateurs were:

- Elbow (36%)
- Lower back (27%)
- Shoulder (16%)
- Wrist/hand (15%)
- Knee (11%)

The three most common causes for injury reported by this group of women amateur golfers were:

- Excessive play/practice
- Poor swing mechanics
- Hitting the ground or an object during a swing

Women are subject to the same age-related loss in muscle strength and performance as men. Muscular Power (the ability to perform short bursts of intense muscle activity) reaches a peak in females during their twenties, and then declines about 3.4 percent a year through the mid-thirties. Beyond that, a slower but still steady decline continues for the next three decades, about 1.2 percent a year. Muscle endurance reaches a peak during the thirties in females-compared with males, who peak in their twenties. From age thirty-five to fifty-five, overall female muscle endurance declines slowly and gradually, about 5 percent over twenty years. Beyond age fifty-five, muscle endurance performance tails off more rapidly, nearly 1 percent a year. The great news is with proper physical training you will fight the natural loss of muscle power and endurance, prevent injury, improve your golf performance and lower your scores.

It is a well-known fact in this day and age that the physical body is an extremely important component in the execution of the golf swing. Through analysis of the golf swing, researched by the many brilliant minds on the Titleist Performance Institute's board of advisors, a biomechanically efficient model has been discovered. It is through analysis of this model researchers have determined the need for specified physical parame-

ters to be developed within the human body for execution of the golf swing.

Women's golf fitness training programs include the following components:

- Mobility / flexibility training
- Neuromuscular efficiency training
- Strength/stability training
- Power training

Here is an example of an exercise from each segment.

Open Books Arm Bent (Pics A and B, right)

This exercise helps develop better flexibility in your chest muscles, upper spine and rib cage, and overall shoulder joints.

Lie on your side with your knees bent and your hands extended out in front of you. Take your top arm and bend the elbow to 90 degrees. Keeping your knees in contact with the ground, try to rotate your top arm all the way across your body. Try to touch your forearm to the ground, keeping your elbow bent and at eye level. Return and repeat on both sides.

Backswing Resisted Drill (Pics C and D, right)

This is a great exercise to develop a more stable lower body and eliminate "sway".

Attach the handles of your FMT to the middle hinge of a door and place the harness around your waist. Walk away from the door to create resistance and make sure the tension is pulling towards your trail leg in your golf swing. Get into a good golf posture and try to make a good backswing without swaying towards the door. Add a medicine ball for a slight resistance with your upper body if you want.

One Leg Split Squat on Swiss Ball (Pics E and F, right)

Helps develop stability and strength in your hips and legs.

Standing in front of a Swiss ball, take your right foot and place it on top of the ball, keeping both hips square and feet, knee and hips in alignment. While holding on to something stable (if neces-

sary), maintain your balance, and try to roll the ball back with your right leg as you sit into left leg performing a lunge. Make sure your left knee stays directly vertical over your left ankle. Slowly return to the starting position and repeat! Make sure to do both sides.

hands, slowly rotate and load into your right hip as if you were sitting into that right side. From here explode out of that position and transfer your weight into your left side as you throw the ball to a partner or against a wall. Repeat in both directions.

Medicine Ball Squat and Thrust (Pics G – I, right)

The squat thrust exercise will help develop a better load into your hip on the backswing and develop some explosive power during transition.

Holding a medicine ball in both

“There are a million ways to swing a golf club, but there is only one way for each of us to swing efficiently and it directly correlates to what our bodies can physically do at that moment.” Greg Rose, Co-Founder of The Titleist Performance Institute.

Mother’s Day Fitness Gift Ideas

Elite Golf and Fitness has the only completely TPI Certified Team in the Midwest ready to help you with your golf performance goals. Here are great some ideas for those of you looking for the Perfect Mother’s Day’s gift.

FIT FOURSOMES GOLF PERFORMANCE TRAINING

- Titleist Performance Institute’s (TPI) 2d and 3d Swing Evaluation
- TPI Physical Assessment and Access to Web-based Training Program
- 1 - 2 Weekly Small Group Training Sessions (6 Participants/group Max)
- 4 Week Session – 2x/week or 8 week session – 1x/week
- for only \$400, a savings of \$500!

Fitball Sport Stability Balls in three different diameters from 55 to 75cm (22 to 30 inches)

Benefits/Uses Increases muscle strength. Improves proprioception, balance and stability. Helps develop the core body muscles by forcing the body to respond to the instability of the ball. \$23.95- 29.95

FMT-Functional Movement Tubing — Bands come in various resistances, can be used for chops, lifts, presses, PNF patterns, and more. Gray Cook Exercise Bands can be used alone or with a workout partner. Pink or magenta resistance is recommended for women. \$42.95

Medicine Ball — we recommend 2kg or 4 lb for Mom

Benefits/Uses Great way to exercise any area of your body including the core, upper and lower extremities. Improves core strength, joint integrity, coordination, range of motion, and flexibility. Can be used to train explosive power and improve coordination. On sale now for \$16.95

If you are interested in finding out more about how to purchase one of the above Mother’s Day Gifts please contact us at 913-226-7092 or go to www.elitegolfnfitness.com.

