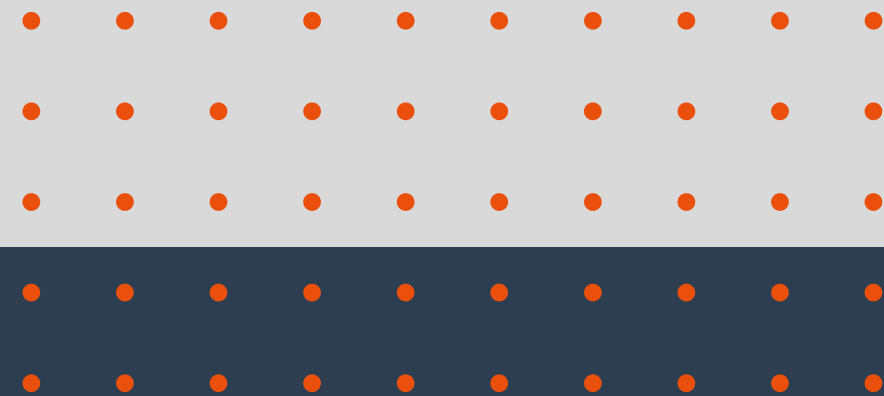
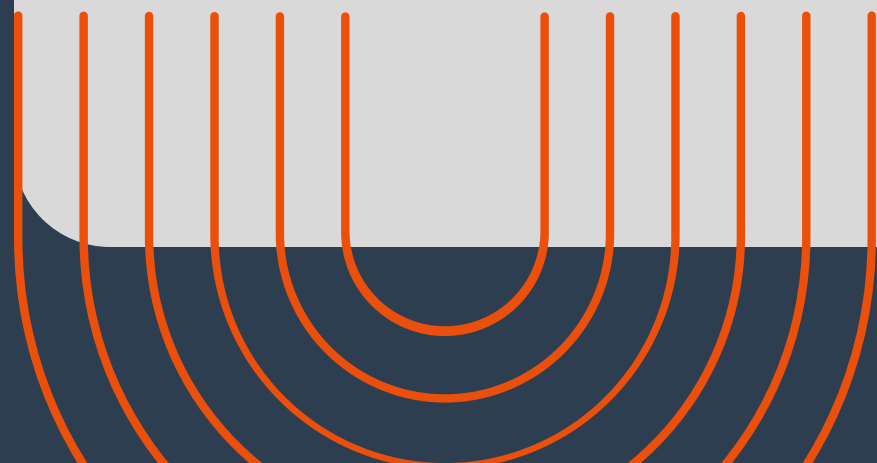


IMPORTANCE OF STRENGTHENING FOR GOLF

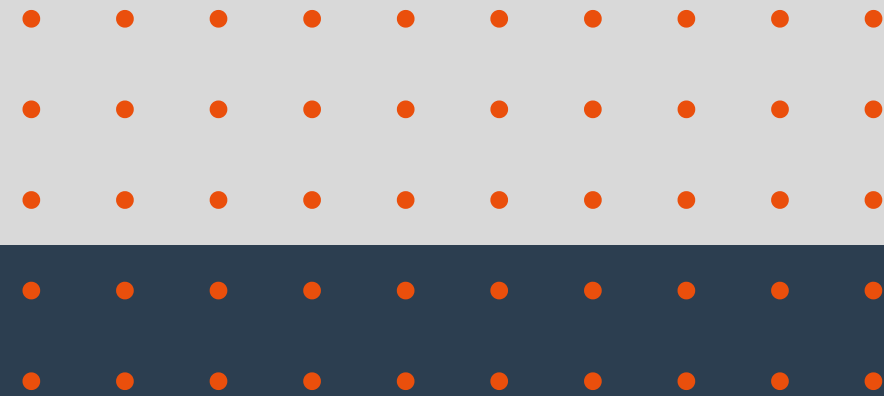
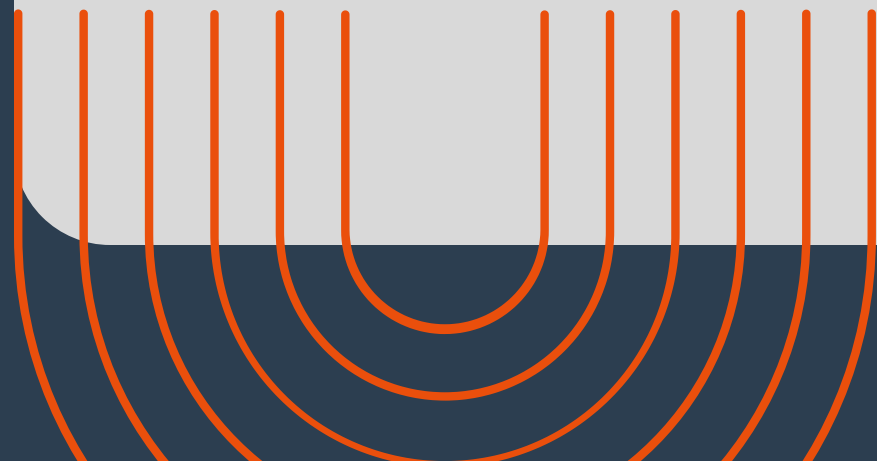


Dr. Aly Rawson

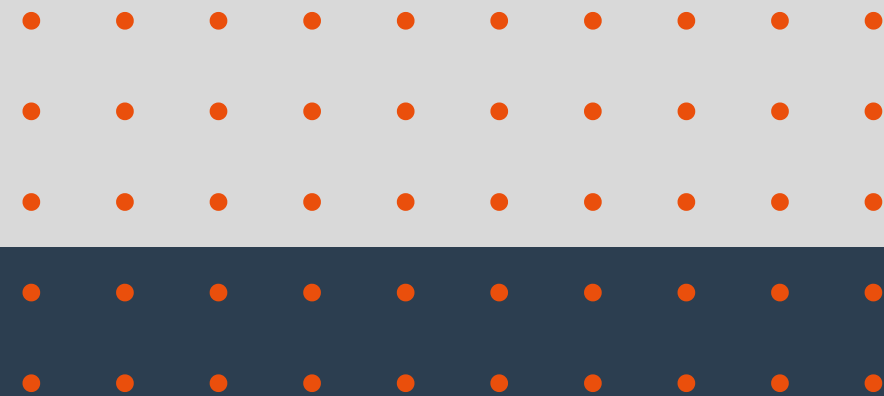
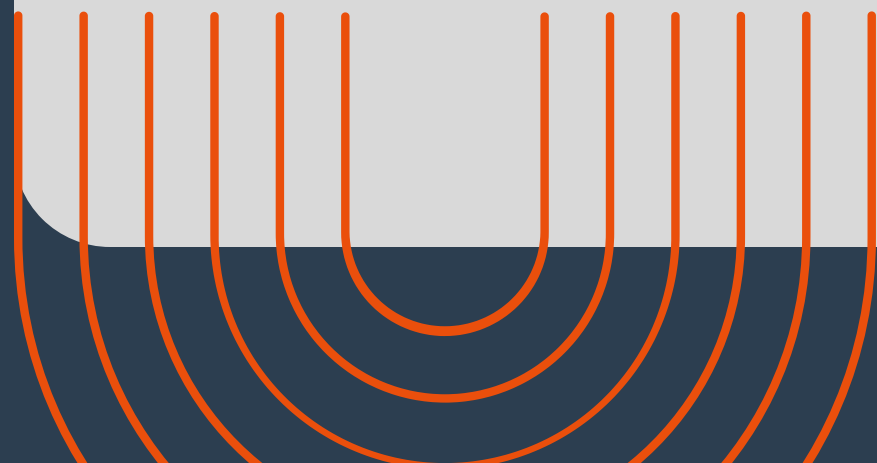
GETTING TO KNOW ME



GETTING TO KNOW YOU



**WHY
WHAT
HOW**





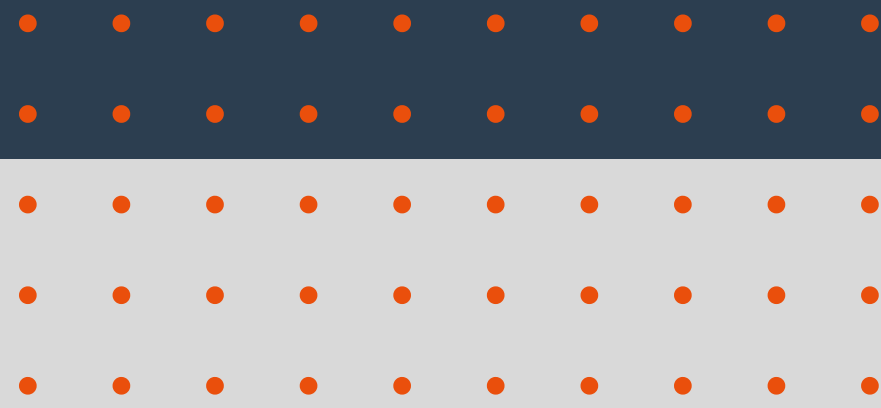
2. BETTER GOLF SWING

Getting stronger allows for a faster swing speed, and further distance, also allows for more consistency .

1. INJURY PREVENTION

Strengthening to avoid injury, avoid burnout throughout the season, avoid the first 3 holes being a warm up





INJURY RISK AS WE AGE

Because of declines in the strength and resiliency of muscle, bone, and other tissues, older persons have an increased risk of injury compared with a younger person subjected to similar impact forces.

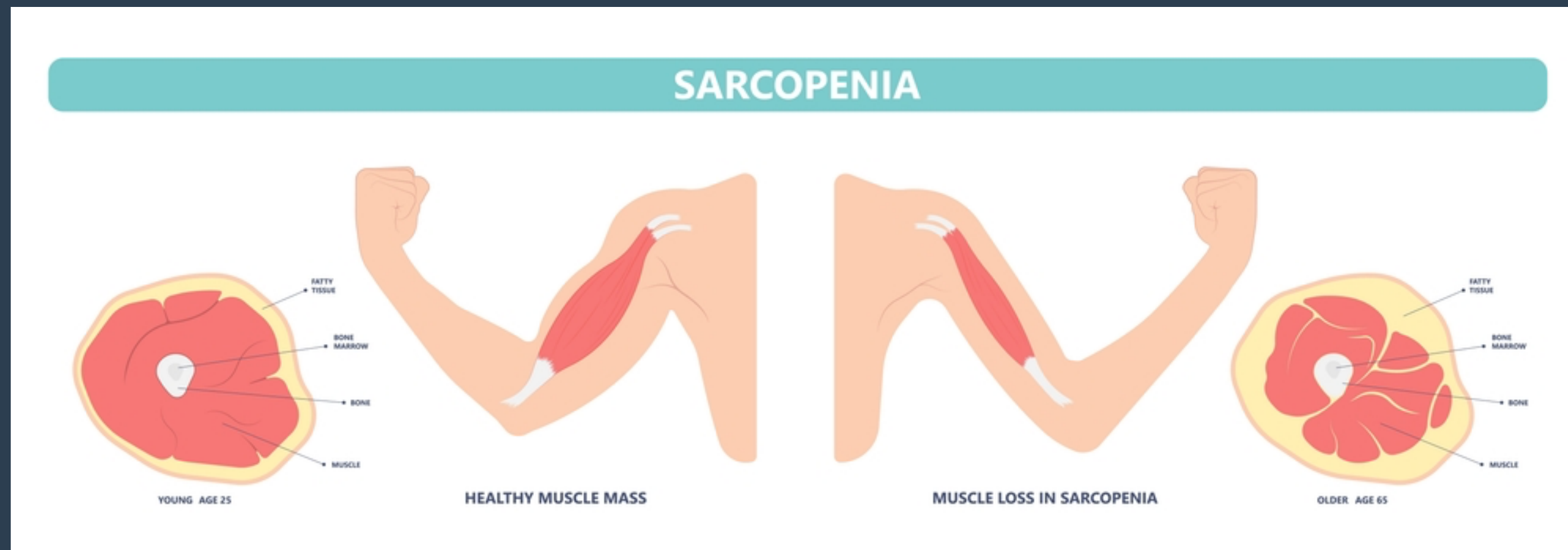
Sarcopenia

5–13% of elderly people aged 60–70 years are affected and the numbers increase to 11–50% for those aged 80 or above.

The progressive, involuntary, age-related loss of muscle mass, strength and function

A decrease in both the number and size of your muscle fibers causes your muscles to thin

Muscle mass decreases approximately 3-8% per decade after age 30



Age Related Changes

Physical inactivty

Sedentary lifestyle, more pain or joint stiffness and less mobility all contributes to less physucal ectivity

Male Hormonal Changes

60% of men over 65 have decreased testosterone levels, which leads to decreased muscle protein synthesis

Female Hormonal Changes

Estrogen levels decrease rapidly after menopause, no direct link to muscle mass but afffects bone density

Decreased appetite

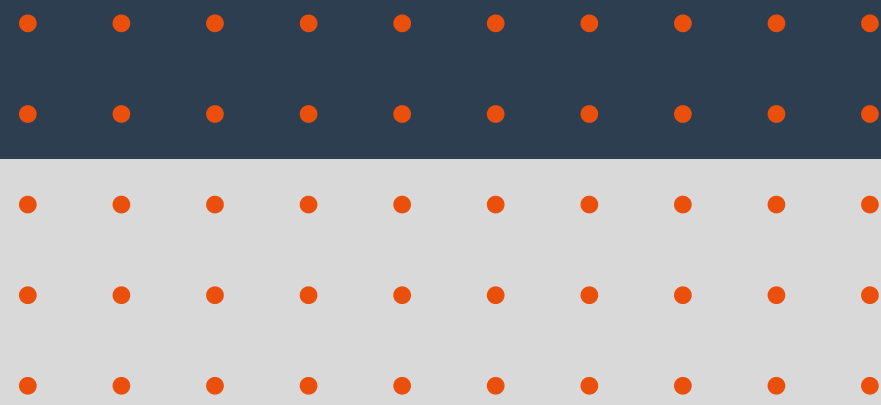
Aging is associated with a reduction in food intake, total calories and protein malnutrition leading to muscle wasting

Sarcopenia treatment

Treatment for sarcopenia typically includes lifestyle changes. These modifications to your lifestyle behaviors can treat and help reverse sarcopenia.

Physical activity: Resistance-based strength training. This type of exercise can help improve your strength and reverse your muscle loss.

Healthy diet: When paired with regular exercise, eating a healthy diet can also help reverse the effects of sarcopenia. It's especially important to increase your protein intake through food or supplements.



3 MOST COMMON GOLF-RELATED INJURIES



1

Low Back Pain

Rotating through the low back puts a lot of strain on muscles and joints. Core stability is key to avoiding low back pain

2


Golfers Elbow

Inner elbow pain caused by tight and overworked forearm muscles pulling on the bone

3

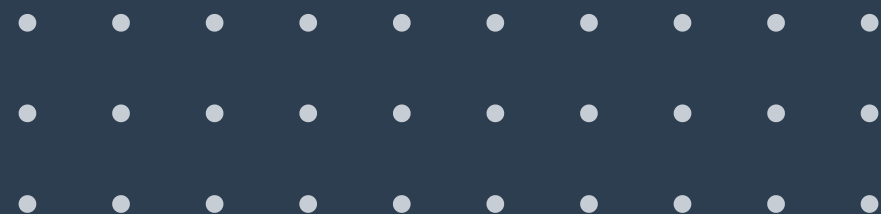
Rotator Cuff Injuries

The rotator cuff is a group of 4 muscles surrounding the shoulder joint. It is responsible for stabilizing the shoulder and absorbs a lot of stress through the golf swing



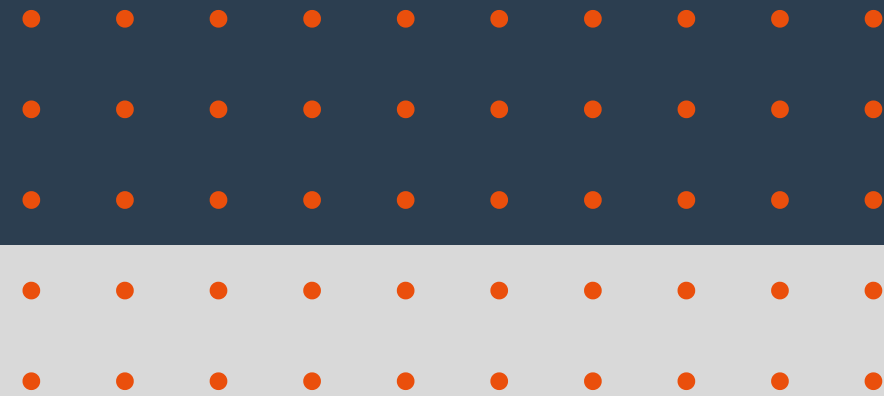
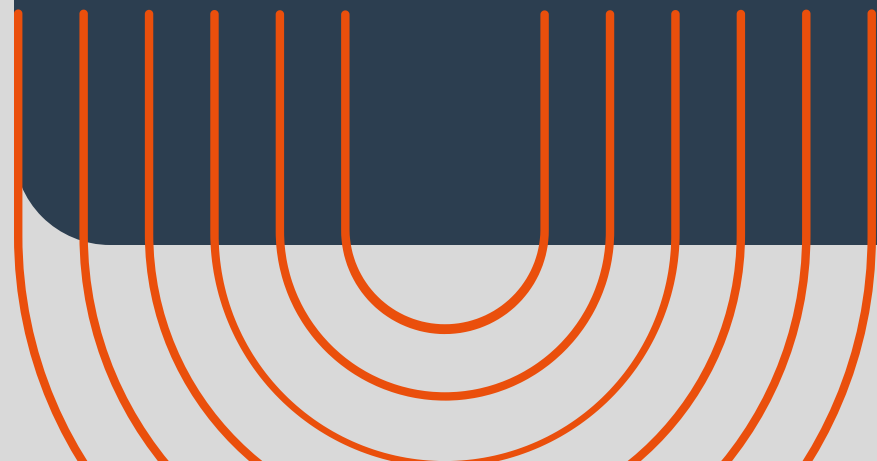
REPETITIVE STRAIN INJURIES

- □ Damage to your muscles, tendons or nerves caused by repetitive motions, repetitive stress and constant use
- Any motion or activity that you frequently repeat can cause a repeated strain injury



**WE NEED
BALANCE**

THE NOT SO PERFECT GOLF SWING



WHY THIS HAPPENS

TOO MUCH IS MOVING

Too many muscles working at the same time adds in variables to the swing

NOT ENOUGH IS STAYING STILL

We require balance, stability and control to reproduce the same swing over and over

Low Back Pain

Lumbar spine is designed for flexion and extension, not rotation

Golfers Elbow

Wrists want to stay neutral, constantly flexing the wrists creates imbalance between the front and back

Rotator Cuff Injuries

The rotator cuff is responsible for holding the shoulder joint in the socket

**What is
working?**

4 Phases of the golf swing

- 1 Back swing
- 2 Forward swing
- 3 Early Follow through
- 4 Late Follow through

Back Swing

**Upper left
Subscapularis**

**Upper Right
Trapezius**

**Lower left
Obliques**

**Lower Right
Hamstrings**

Forward Swing

**Upper left
Rhomboid**

**Upper Right
Pec major**

**Lower left
Adductors**

**Lower Right
Glutes**

Early Follow Through

**Upper left
Subscapularis**

**Upper Right
Pec major**

**Lower left
Hamstrings**

**Lower Right
Glutes**

Late Follow Through

**Upper left
Infraspinatus**

**Upper Right
Subscapularis**

**Lower left
Hamstrings**

**Lower Right
Glutes**

**How do we
strengthen
these
muscles?**

Important things to consider

1

**Ensure you are in
a safe space**

2

**Start slow. Every
body is different**

3

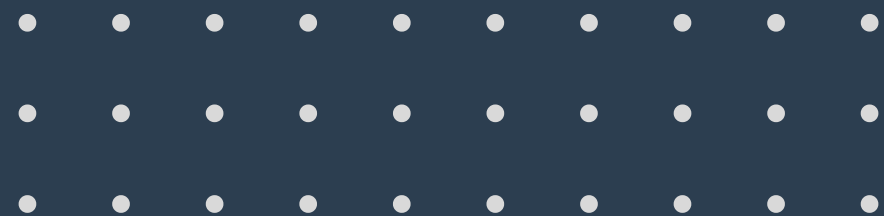
**Consult a health
care provider if
you need support**

01. SHOULDER ROTATIONS

02. ROWS

03. CHEST FLYS

04. PLANKS

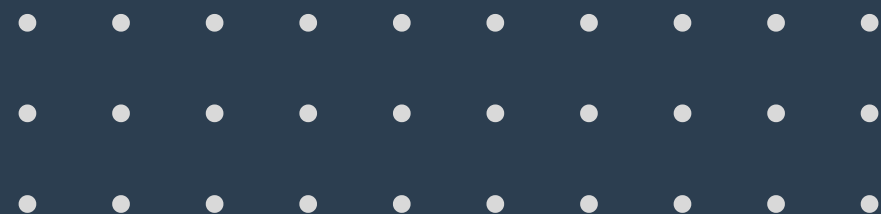


01. GLUTE BRIDGES

02. KNEE EXTENSIONS

03. LEG ABDUCTION

04. SIDE PLANKS



THANK YOU