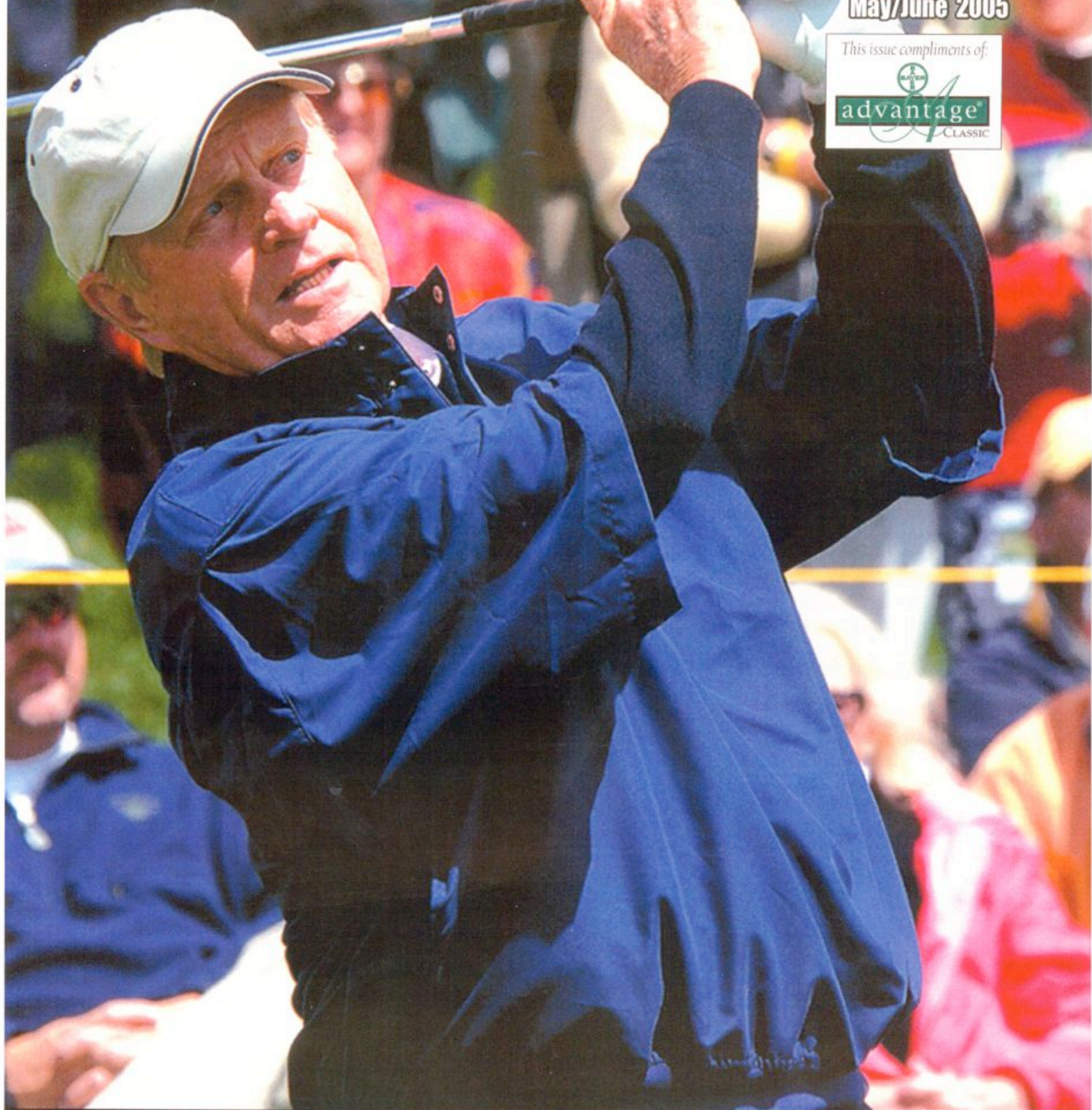


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**GOLDEN BEAR WILL COMPETE AT NICKLAUS GOLF CLUB**

# Performance, Practice and Professional Care

By Dr. Lynn McIntosh

Performance in the game of golf is dramatically affected by body flexibility. The ability to engage full range of motion in the shoulders, wrists, back, head and neck directly impacts optimal performance in the game of golf. The golfer conditioned to use the body's natural range of motion and full capacity for reach, strength, and balance packs a powerful swing, making contact with the ball at maximum velocity.

Full range of motion is effectively enhanced by regular stretching exercises, specifically designed to address the movements of the body particular to the golf swing. Stretching serves to free the joints for easier movement, maximizes the stretch of a given muscle or set of muscles, and increases muscle elasticity. Static stretching, repeatedly placing the body in a specific fixed position for a set period of time, prepares the muscles, joints, and connective tissue for continuous healthy use.

The following stretching exercises are recommended to increase range of motion and flexibility in your shoulders, cervical spine, lumbo-sacral spine (lower back), and wrists. The first three are specifically designed to stretch your shoulders in various directions.

1) Begin by extending your right arm across your chest. Reach your left arm under the right and pull by pressing the top of your left wrist behind your right elbow. Hold this position for a minimum of six seconds. Relax and repeat the exercise for the left shoulder. Relax. Repeat this right and left shoulder stretching pattern three times.

2) Starting with both hands hanging straight to the side, pull your shoulders back and reach your hands together, entwining the fingers, palms up. Pull to the point of resistance and hold for a minimum of six seconds. Relax. Repeat this stretch-and-relax pattern three times.

3) Extend your right arm straight above the head. Bend the elbow,

reaching your right hand as far as possible behind the head toward your left shoulder. Reach over your head with the left arm, grab the right elbow and pull to a point of resistance. Hold for a minimum of six seconds. Relax and repeat the exercise for the left shoulder. Relax. Repeat this right and left shoulder stretching pattern three times.

The next two simple exercises enhance the flexibility of the wrists. Begin by pressing the palms of both hands together in front of your chest with the fingers pointing up. Press the palms together in a downward motion to a point of resistance. Hold for a minimum of six seconds. Relax. Repeat this stretch-hold-relax pattern three times. To engage the second exercise, press the backs of both hands together in front of the abdomen, fingers pointing down. Press your hands together in an upward motion to a point of resistance. Hold for a minimum of six seconds. Relax. Repeat this stretch-hold-relax pattern three times.

To stretch the muscles of your lower back and hamstrings, stand with your feet further apart than the width of your shoulders. Bend forward at the waist, extending the palms of your hands as far as possible toward the floor. Keeping your left hand lowered, twist to the right and raise your straightened right arm up and back, pointing your fingers while turning the head with eyes fixed on the thumb of the right hand. Hold at the point of resistance for a minimum of six seconds. Relax. Repeat for the opposite side of your body. Relax. Repeat this right-left pattern of stretching and relaxing three times.

To stretch the muscles of your neck, bend your head to the right, leaning your right ear toward your right shoulder to a point of resistance. Hold for a minimum of six seconds. Gently rotate your head forward, pushing your chin to a point of resistance toward the middle of your chest. Hold for a minimum of six seconds. Gently rotate your head to the left, leaning your left

ear toward your left shoulder to a point of resistance. Hold for a minimum of six seconds. Relax. (Do not rotate your head backwards!) Repeat this right-front-left pattern of stretching and relaxing three times.

Maximum flexibility and the enhancement of range of motion require regular stretching exercise on an ongoing basis. Although stretching right before playing a round of golf is helpful and recommended, that time of stretching alone does not elicit the body's full function. The course of stretching exercises recommended here should be completed 3-5 times a week. As you practice these exercises you will begin to recognize the points at which your muscles stretch beyond previous points of resistance. Your health will be enhanced, your body tension will decrease, and you will be less vulnerable to sport-related injury.

A variety of exercise approaches and professional services are available to enhance the body's joint mobilization and flexibility. Yoga and tai chi provide unique approaches to developing disciplined body balance. Chiropractic physicians are specifically trained to identify distortion and misalignment in the body's skeletal structure, provide appropriate adjustments and ongoing care. Physical therapy or the engagement of a personal trainer may facilitate exercise programs involving equipment or assistance devices.

Stretching is the first step in maximizing the body's natural athletic function. As your body becomes more flexible and comfortable with healthy athletic activity, strengthening exercises will be added to your regimen. After loosening up, you will be ready for recommendations that add power to your game through strengthening.

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