

Case Study #1

Background

Age: 39

Sex: Male

Handicap: Scratch

Height: 6'1"

Weight: 210 lbs

Years Playing Golf: 30+

Right or Left Handed: Right

Plays Golf: Right

Do they exercise currently: Pilates 3 x Week and basic exercises.

Highlights of current program: Basic strengthening and flexibility

Medical History

The patient has a history of right hip pain with bilateral low back pain.
Left medial knee pain with adductor tightness

Screen Results: (WNL = Within Normal Limits (12/2007))

Pelvic Tilt Test: Shaking during a golf stance posterior pelvic tilt

Pelvic Rotation Test: WNL

Torso Rotation Test: Decreased left torso rotation as compared to right

Overhead Deep Squat Test: Could not perform Full Overhead Deep Squat due to lack of upper body flexibility most likely contributed to lack of thoracic extension and tight lats.

Toe Touch Test: WNL

90/90 Test: Left external rotation of the shoulder is 100° and 120° on the right which represents a left/right asymmetry.

Wrist Four-ways Test: WNL

Wobble Board Test: Insufficient balance on the side to side wobble board test.

Single Leg Balance Test: Eyes closed balance is significantly limited bilaterally

Lat Tension Test: Tight Lats Bilaterally

Cervical Rotation Test: WNL

Seated Trunk Rotation Test: WNL

Half-Kneeling Rotation Test: WNL

Modified Thomas Test: revealed tight quadriceps bilaterally, tight left adductors, and tight right TFL/IT band

Reach Roll & Lift: Inability to lift Bilaterally

Hip Abduction Test: Weak Glute Medius on the right

Leg Lowering Test: Core stability is insufficient

Bridge W/ Leg Extension Test: WNL

Hip Rotation Test: WNL

Swing Findings

C-Posture at address

Early Extension- Hips move toward the ball instead of pure rotation.

Golfer Slides during the downswing which resembles lack of pure hip rotation as well.

See attached PDF File of 3D Analysis and Force Plate Analysis

Plan

- Strengthen the Mid Back/Lower Traps and scapular stability
- Improve upper body posture
- Improve Thoracic Extension and Rotation.
- Increase Torso and Pelvic rotation to the left.
- Rotator cuff conditioning
- Work on Balance drills
- Work on core stability
- Increase Quadriceps flexibility
- Strengthen/active glute medius and lengthen TFL/ IT band
- Improve Lat Flexibility
- Increase Left shoulder external rotation
- Improve Glute Max Activation and Strength
- Increase Golfer's ability to utilize his hip rotation in the golf swing.

Exercises Prescribed: Twisted prayer, Reachbacks, butterfly stretch, reach roll lift, Club behind spine forward bends, 3-position bridges, side hip lifts, torso-turns 1-Leg, duck walks, pelvic tilts in golf stance.

Swing: The golfer is a golf teaching professional and is taking care of his swing technique.

Summary

Overall our goal initially was to build a solid physical foundation for the golfer by correcting the physical screening findings. His main goals in his golf swings were to increase is power and ball striking consistency throughout the round of golf. I explained to him that building his fitness base first, power would then develop and not increase the chances of injury.

After our initial 2 months of training, we added advanced strength and power exercises.

