

Case Study #2

Background

Age: 45

Sex: Male

Handicap: Scratch

Height: 5'10"

Weight: 165lbs

Years Playing Golf: 5 yrs

Right or Left Handed: Right

Plays Golf: Right

Do they exercise currently: Exercises regularly, but nothing golf specific.

Medical History

The patient has no medical history that is of significant detriment to golf.

Screen Results: (WNL =Within Normal Limits (4/2008))

Pelvic Tilt Test: Shaking and vibration during movement

Pelvic Rotation Test: WNL

Torso Rotation Test: WNL

Overhead Deep Squat Test: Weight shift to the right during the squat

Toe Touch Test: WNL

90/90 Test: WNL

Wrist Four-ways Test: WNL

Single Leg Balance Test: 6-10 Seconds on the right with eyes closed

Lat Tension Test: WNL

Cervical Rotation Test: WNL

Seated Trunk Rotation Test: WNL

Half-Kneeling Rotation Test: WNL

Modified Thomas Test: Tight left hip flexor, bilateral tight quadriceps, Left TFL tight.

Reach Roll & Lift: WNL

Hip Abduction Test: WNL

Leg Lowering Test: Core stability is insufficient

Bridge W/ Leg Extension Test: WNL

Hip Rotation Test: WNL

Swing Findings

Early Extension- Hips move toward the ball instead of pure rotation.
Swayed during the backswing
Reverse Spine Angle

Plan

Exercises Prescribed: Chops w/ Rotation, Lifts w/ Rotation, Bent-over arm pulls, Chest-press in lunge stance, Triceps diagonal pushdowns, Medicine-ball smashes, Russian twists, Full Squats w/ dumbbell, Box Steps, Glute/ITB foam roller, One leg Split squat, prone walkout, Chest Dumbbells on swiss ball, Plyo-push ups.

Swing: The golfer is seeking lessons from a TPI Certified Golf Teacher and we are working together to improve his swing.

Drills: Trail leg only golf swings, Stork Turns, Reverse Grip Backswings, Torso turns on one leg.

Summary

The above screening and program was our second program design that followed our initial exam and exercise program. Our initial program brought his TPI Golf fitness handicap down to a 3.1 from a 6.5. When he came to me, he was in great physical shape and is an ex-collegiate football player, but he was not in great golf shape. Our second program was designed to add strength, power and muscular endurance to his overall good flexibility, coordination and balance.