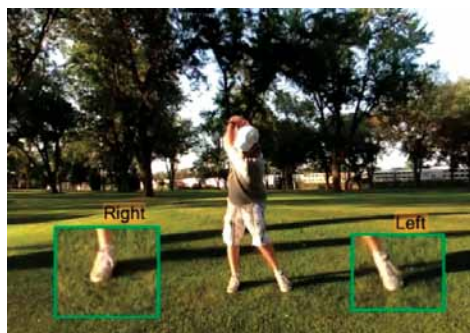


# Accelerate Your Golf Swing

The game of golf has continued to advance in popularity over the last decade. Along with it came a better understanding of the mechanics of the swing through new technology and better equipment. For some fortunate players, these advances have also resulted in lower handicaps. Just as there has been a rise in golf's popularity, there has also been a rise in new pain and injury, specifically to the lower back, shoulders, and elbows.

Golfers have assumed that the pain they experience is normal. They will compensate by avoiding the pain through changes in their swing which will not only affect their ability to play, but will do nothing to solve the original problem. By the time



winter in Illinois is over, you've lost the ability to maintain the flexibility and strength needed to carry your training through the off-season, and you're left with pain that just won't go away.

The art and mechanics of the golf swing and the motion, strength, and power required to complete it is amazing, but it also comes with a complexity that places high demand on the movements of the human body. If one body part is limited it will compensate by placing increased stress on another part of the body, and can often result in pain. Gone unchecked, these compensations (and the pain associated with them) become normal. Lessons alone will not fix these problems. It takes specific exercises and hands-on manual therapy to regain the motion and strength needed to work with the mechanics being taught to you

by your local teaching professional.

Just as everyone's swing is different, so are the remedies needed to cure an area of generalized pain. Physical therapists can identify those remedies and assist a golfer to return back to the game pain-free. A physical therapist that is certified as a Nike Golf 360 Specialist can perform an evaluation of the golf swing and identify abnormal patterns using a 3-D assessment tool specific to that individual. The evaluation will include the use of a high-speed camera to capture accurate joint angles during the entire golf swing that will be analyzed using the specialized computer software. This allows the therapist to identify those movements that are compensating for another, and put into clearer focus the potential source of the pain.

Once the source is identified, an individualized plan of care can be created with hands-on therapy and golf-specific exercises. A team approach to this treatment is often beneficial with close collaboration between the golfer, his or her golf professional or coach, and a physical therapist. In some cases, with a doctor's prescription, this therapy can even be covered by insurance.

If identified early and handled properly, pain experienced during the golf swing that is often brushed aside can be neutralized and allow a golfer a quicker and pain-free return to the links.

ALECIA GROUNDS  
PHYSICAL THERAPIST

ACCELERATED REHABILITATION CENTERS



*Alecia Grounds is a physical therapist at Accelerated Rehabilitation Centers in Barrington. She received her Nike Golf 360 certification in 2012. For more information on the certification, please visit "<http://www.nike.com/nikegolf/ng360/body/fps>". To schedule a golf analysis, or to discuss the benefits of the golf program or any of the other physical therapy services we offer, please call us at 847-381-0372.*

Speak with your doctor, or consult your local physical therapist for an injury screening to see if conservative treatment is right for you. To schedule a physical or occupational therapy appointment, or a complimentary injury screening, see contact box at right.

#### CONTACT INFORMATION

Accelerated Rehabilitation Centers

455 W. Northwest Hwy.,  
Unit A  
Barrington, IL 60010  
847-381-0372

#### WEB

[www.AcceleratedRehab.com](http://www.AcceleratedRehab.com)