



Improve Your Golf Game - Ross Columba

The golf season is here and it would be wise to perform some exercises that target the areas of the body that are used while swinging a golf club. The following body parts are used most while swinging a golf club:

1. **Quadriceps** - to help maintain knee flexion throughout the swing.
2. **Hamstrings** - for maintenance of golf posture & low-back injury prevention.
3. **Shoulder Muscles** - to allow for consistent top-of-the backswing position & better control of the club throughout the swing.
4. **Upper Back Muscles** - to help keep an erect upper spine for ease of rotation.
5. **Forearms** - for a strong impact position with no break- down in the wrists.
6. **Core Muscles** - for a stronger turn & stored torque.

If you play multiple rounds of golf, swing your golf clubs endlessly, and even walk all 18 holes. The only way to make these areas of the body stronger and increase your mobility is through exercise. I believe in designing well rounded programs that focus on improving the body as a whole as opposed to performing exercises for certain areas. A properly designed strength training program along with core and flexibility exercises will strengthen the specific muscles used while swinging a golf club and will reduce the incidence of overuse injuries by improving stamina, body mechanics, strength, & flexibility. Pilates most notably is gaining traction as one of the premiere ways to improve strength, flexibility, and mechanics for golfers.

Please do not get upset with me if your golf game initially suffers once you engage in an exercise program. You will need to account for your improved range of motion and strength. Just keep swinging and you will eventually get a feel for your newly acquired abilities. FORE!!!