



# NEWSLETTER

Your #1 Resource for Greater Health and Wellness



## *How PT Can Help Golfers Upper and Lower Back Mobility and Pain*

**INSIDE:**

WHAT ROLE DO THE HIPS PLAY IN GOLF?  
HEALTHY RECIPE | PATIENT SUCCESS STORY



# NEWSLETTER

Your #1 Resource for Greater Health and Wellness



## HOW PT CAN HELP GOLFERS UPPER AND LOWER BACK MOBILITY AND PAIN

Are you noticing soreness or pain after you play golf? Does your back feel better the more warmed up your hips are? Golfing requires a tremendous range of motion to swing the club effectively. Our physical therapists at First Colony Aquatic and Rehabilitation Center & Sports Therapy Center understand golfing mechanics and how vital your hips and spine mobility is to swing a club pain-free.

The golf swing has been associated with increased injury risk due to poor swing mechanics, inadequate spine (thoracic and lumbar) mobility, poor core stability, and a lack of motion and strength in the hips. Most golf injuries are related to overuse syndromes.

At First Colony Aquatic and Rehabilitation Center & Sports Therapy Center, we know how important it is to understand the golf swing mechanics and how important hip mobility and strength are for preventing injury and optimizing performance.

Request an appointment today, so we can help you resolve any old and new injuries and get you back golfing sooner than later!

### **WHAT ROLE DO THE HIPS AND SPINE PLAY IN GOLF?**

Golf is one of the most popular sports for recreational and competitive athletes. The sport offers people of all ages the opportunity to enjoy nature and physical activity. Although the mental component of dealing with frustrating shots is often considered the most challenging part of golf, the physical requirements are surprisingly demanding.

Golf requires coordination and timing of all body parts moving in sequence to achieve an ideal swing. One of the most critical physical requirements comes from the hip joints. It is vital to achieving full hip rotation for a smooth and effective swing.

Limited hip and spine mobility are common issues affecting golfers. Most of the time, swinging the golf club repeatedly or faulty swing mechanics will lead to pain and/or injury if the swing is not executed correctly.

During the swing motion, the front leg (lead hip) and the back leg (trail hip) work in concert while performing identical opposite movements. The torque created by this motion helps create angular velocity in the pelvis, which coordinates with the spine to achieve the whole-body rotation needed to swing the club. The knee joint is also directly affected due to the enormous force generated at the hip being transmitted down the thigh bone (femur) into the knee.

The coordination of the lower body, pelvis, and spine is influenced by the hip joint's mobility and strength. Therefore, any factor limiting rotation could cause pain in golfers and even lead to an injury that inhibits participation.

The thoracic spine (mid-back) connects the cervical spine (above) and the lumbar spine (below). Thoracic rotation is vital to proper swing mechanics. If you lack rotational motion, the body has to make up for it in other areas, and typically the lumbar spine joints compensate for the limitations.

**COME BACK TO PHYSICAL THERAPY | [SUGARLANDPT.COM](http://SUGARLANDPT.COM)**



# HELPING YOU ENJOY A PAIN-FREE LIFE

Improper swing technique is one of the leading causes of lower back pain among golfers. Swinging too forcefully and/or with too much or too little motion can lead to muscle strains and abnormal pressure on the spine's discs. This is particularly important for senior golfers who lose spinal mobility as they age.

In addition, weakness or lack of stability in the core musculature can create compensatory movements. These unnatural compensations may lead to pain in the back or hip joints as it attempts to control the massive swing velocity without adequate support from the core.

Our physical therapists use a whole-body approach to our assessments and treatments. We can help identify where you have restrictions and weaknesses and, more importantly, how to resolve them so you can swing without fear of pain or injury!

## **WHAT OUR FIRST COLONY AQUATIC AND REHABILITATION CENTER & SPORTS THERAPY CENTER PHYSICAL THERAPIST CAN DO TO HELP**

Developing a plan to improve and maintain hip and spine mobility is essential for optimizing performance. At First Colony Aquatic and Rehabilitation Center & Sports Therapy Center, our physical therapists will perform a golf-specific movement screen to identify any limitations related to your pain/injury and golfing performance.

These findings will allow us to develop interventions that correct movement patterns and reduce the risk of potential injuries in the future. We may incorporate manual techniques to assist our progress and ensure you move and feel your best. We will focus on pain relief techniques and improving any lost motion.

Our programs will incorporate golf-specific strength training to address your unique needs. Our programs will include education about the exercises to ensure you understand the importance and benefits of continuing to work on your therapeutic program even after you return to the links!

### **REQUEST AN APPOINTMENT TODAY!**

The hip and spine joints significantly affect how the rest of your body tolerates golfing. At First Colony Aquatic and Rehabilitation Center & Sports Therapy Center, our physical therapists will identify all the factors causing pain/injury and give you the tools to resolve your issues once and for all!

Call today to schedule an appointment!



GET STARTED ON YOUR RECOVERY TODAY!  
CALL SUGAR LAND AT **281.226.9802**  
ROSENBERG AT **281.559.7429** OR  
SPORTS THERAPY CENTER AT **281.980.2997**



**FirstColonyAquatic**  
and Rehabilitation Center

# SPECIAL OFFER

## FMS OR SFMA FREE SCREENING

Scan or click below to sign up today!

### FMS AND SFMA

Did you know there is a way to simultaneously reduce the risk of injury and enhance your physical performance? At First Colony Aquatic and Rehabilitation & Sports Therapy Center, our team is highly trained and certified in the Functional Movement Screen (FMS) and Selective Functional Movement Assessment (SFMA). Which technique is right for you? Keep reading:

### FMS SCREENING

The FMS assesses seven fundamental movements in daily life and quickly identifies dysfunctional patterns impacting your health and performance. While most compensations are not painful, they can hide a dysfunction that could increase the risk of injury.

Scan this code to sign up for your Free FMS Screening today!



Sugar Land  
281.226.9802

Rosenberg  
281.559.7429

### SFMA SCREENING

The SFMA is used to identify deficits in joint range of motion, muscle flexibility, strength, and recruitment strategies causing your painful, dysfunctional movement. For people already experiencing pain, the SFMA focuses on underlying dysfunctional movement to find the root cause, not just the location of the pain.

Scan this code to sign up for your Free SFMA Screening today!



Sports Therapy Center  
281.980.2997

## HEALTHY RECIPE

### SHAMROCK GREEN SMOOTHIE



### INGREDIENTS

- 2 bananas, frozen
- 1 green apple, core removed
- 2 cups water or milk (non-dairy if necessary)
- 1 cup plain Greek yogurt
- 2 handfuls spinach (about 1-2 cups)
- 1 teaspoon vanilla extract
- Honey to taste (optional)

### INSTRUCTIONS:

In a blender, add all ingredients. Blend until smooth, adding more water if you want a thinner smoothie.

Adjust sweetness with additional honey, if desired.



## PATIENT SUCCESS STORY

I started working out with a trainer because I wanted to be fabulous for my 30th birthday. While doing that exercise with my trainer, my knee popped. I had a torn ACL and had to have surgery. I decided to do post-surgical rehab at First Colony Aquatic. I was very comfortable at the center, but initially, I thought it would hurt. After coming for my first visit (three days out of surgery), I realized it did not hurt like I thought it would. They encouraged me and helped me to know that I would get better. They helped me to regain my range of motion while cheering me on the whole way. I am back to doing normal activities again.

-Morgan G.

SEE MORE PATIENT TESTIMONIALS AT [SUGARLANDPT.COM](http://SUGARLANDPT.COM)



SCAN THE QR CODE  
TO WATCH THE WHOLE  
TESTIMONIAL ON  
YOUTUBE

