

Off Season Golf Training

In some parts of the country, golf has no off season, but for those of us who call Northeast Ohio home, the snow and cold tend to limit our playing time. During the off season of other sports an athlete takes the opportunity to perform supplementary training to improve their sports performance. The athlete doesn't always focus on sports specific drills, but will work on aspects of athleticism they may be lacking. This out of season training can encompass exercise to improve flexibility, balance, strength, speed and power. As the season approaches, this training becomes less general to drills and activities specific to the sporting activity.

Golf is a sport that requires a level of flexibility, balance, strength, speed and power. The forces in the lumbar spine during a full golf swing have been equated to the forces in the spine of an offensive lineman in football when blocking. The lateral forces in the knees of a golfer during a swing are not unlike that of a basketball player's when changing direction. The golfer's arm speed during a swing has been compared to the speed of a baseball pitcher and a tennis player during a serve. If a golfer is lacking in some components of athleticism it can limit playing ability and increase risk of injury.

This is why golfers should use this winter off season to their advantage and consider training like other athletes. Work on exercises and drills that address flexibility, balance, strength, speed and power as it relates to the game of golf. Supplementing swing drills with this type of training can improve your overall fitness level and improve your golf game.

Lou Rossi, DC and Matt Trnka, PT are working with Weymouth Country Club's golf professional, Pat Tyrpak in assisting golfers in an off season training program. A golf professional can analyze your swing and provide some golf specific swing drills to work on while a Chiropractor and Physical Therapist can provide training ideas with exercises to supplement and enhance the swing drills. If you would like to take advantage of this program, call Centerpointe Chiropractic and Physical Therapy at (330) 723-2225 for dates and times of the next session.