

# COMPREHENSIVE GOLF ASSESSMENT - PART I

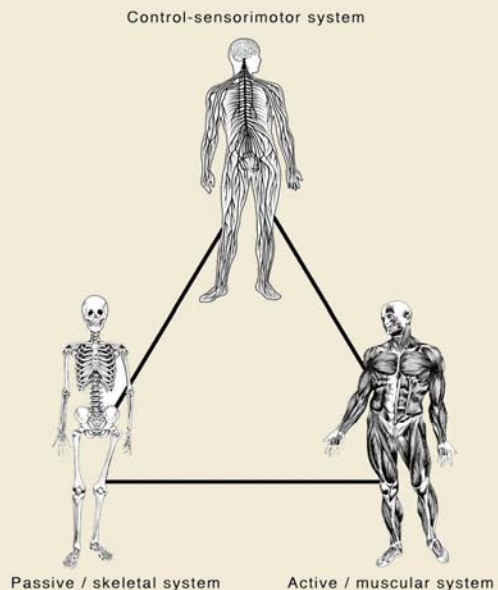
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Take a quick look through Amazon Books and you will see over 10,000 Titles dedicated to Golf. In fact, Golf has more literature on instruction and how to improve some facet of your Golf game than all other major sports combined. However, a more specific search through these books to see how many provide any sort of biomechanical assessment related to improvement of the Golf Swing shrinks the number to less than 50 titles. Then upon further investigation, you will find less than a handful of these that also include any other type of technical assessment, joint motion evaluation or movement pattern assessment other than the Golf Swing itself.

The fact is that the actual make up of the Golf Swing is quite complex and comprised of its own unique collection of synchronized individual joint motions. It also requires an entire concert of over 600 integrated muscle actions that are specific to the desired movement itself as well as the individual performing the movement. As these facts also hold true for any “Sports Specific Movement” we can see why optimal assessment of any such movements should also include assessment of the actual person as well.

We can conclude then that the performance of the swing or any desired movement is mostly dependent on the collective physical abilities and limitations of the individual. Although skilled instruction and practice of technique is a must for optimal performance, we simply can only improve that which is able to improve. Movement limitations are most often related to specific muscle imbalances and joint dysfunctions that will take more than just stretching some tight muscles or performing random “core strengthening exercises to correct. These same joint dysfunctions must be clearly identified and addressed as they will affect more than one’s Golf Swing. They also will lead to increased compensation, increased pain, and result in deviations of posture and deterioration of other functional movements.

After 20+ years dedicated to the study and practice of correcting joint dysfunctions, eliminating pain, and helping clients to produce better movement, I can say with certainty that effective assessment is the most important step in improving one’s performance. As the saying goes, “If you are not assessing, then you are Guessing!” Although far from being actual experts on teaching the actual Golf Swing, (which in my opinion should be left to the actual Professional Golf Instructors and Swing Coaches) a highly educated and uniquely skilled trainer or therapist specifically trained and experienced in advanced assessment methods can offer great assistance in the improvement of an individual’s Golf game and their longevity as well. This is particularly true if they are also trained and skilled at providing treatment techniques and training methods that will help correct the problems that are discovered such as those practitioners trained in “Ortho-Kinetics”



A comprehensive “Golf Assessment” must consider all three major systems of the body involved in the production of movement. These three systems are interdependent and are required to work in an integrated manner in order to produce even the simplest of voluntary movements or automated reflex actions. The TELOS “Advanced Integrated Movement” (A.I.M.) Assessment is designed to identify structural deviations of the “Passive-Skeletal System” that are always related to muscle imbalances found in the “Active-Muscular System” that in turn are a result of faulty proprioceptive input and altered movement commands sent forth by the “Control-Sensorimotor System”.

This information is obtained through the combination of performing detailed postural assessment, evaluation from head to toe of all individual joint limitations, gait analysis, and assessment of General Movement Patterns. Only then can we best decide the direction to take with programming of any treatment and training options. A more detailed overview of the TELOS A.I.M. assessment as well as our unique “Ortho-Kinetics” system of testing, treating and training will follow in this series that is to be continued in the next few issues of “Fore-thought”.

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