

# GOLF “MOST-ABILITY”: PART I

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In the recent series of articles we have been working our way through some of the best methods for improving Bio-Motor abilities specific for a given sport such as developing “Golf-Strength”. We have also attempted to dispense of some of the myths surrounding this broad topic. As presented, it is difficult process requiring much thought and skill to select the specific exercise movements to address an individual’s needs and meet their specific goals and then group, and sequence them to create challenging yet realistic routines. Then more planning and knowledge is needed to take these routines and arrange them into effective training cycles that systematically vary, modify and manipulate each exercise movement throughout the overall program. This all must be done in such a way that ensures the development of the proper blend of strength, endurance, mobility, stability speed, power and agility best suited for transferring towards enhancement of that person’s sport performance and fitness goals. This article will focus on creating the proper mix of mobility and stability often termed “most-ability”.

In past articles we presented the facts and fallacies associated with creating greater levels of joint mobility and learned that it takes much more than just passive stretching can hope to accomplish. One fact that has emerged through research confirms that a joint will only voluntarily allow for ranges of motion that can also be decelerated and stabilized. A joint’s differential between its “passive range of motion” (PROM) and its “active range of motion” (AROM) is proportional to the potential risk of injury and termed as their “Range of Motion Deficit”, (ROMD) or “Flexibility Deficit”. Therefore we can conclude that improvements in PROM must also be proportional to their AROM in order to maintain a low ROMD. Only then can we hope to develop enhanced “Most-ability” while ensuring that increased movement ability does not coincide with increased injury.

To accomplish this objective it is often necessary to integrate some specific soft tissue treatments to release muscle adhesions and break down scar tissue along with other treatment techniques designed to activate dormant muscle fibers and facilitate greater muscle force production. These soft tissue treatments must then be coupled with specific corrective exercise movements that develop both static and dynamic stability within the joint in order to create optimal movement and “Most-ability”.

For a sport such as golf that depends on the ability to produce repetitive, ballistic, high intensity rotational motion from a relatively stationary positioning, creating “most-ability” particularly in the hips, and entire trunk is critical as well as improving dynamic stability within the feet, shoulder girdles and wrists. This allows for greater overall rotational movement with greater power and proportional deceleration ability while also decreasing common hip, back and wrist injuries. With use of proper exercise selection and programming to develop “Most-Ability” of these areas will also help eliminate compensation during the swing that can also lead to additional knee and elbow injuries.

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It is important to also realize that a lack of mobility or stability in any joint is most often related directly with a reciprocal degree of excessive movement or a fixated complementary joint. For example it often takes specific improvements in a foot-ankle complex in order to develop “Most-Ability” in the hip. You may wish to look into a complimentary Ortho-KineticsR Assessment to evaluate your levels “most-Ability” and get a plan and program designed to proportionally increase your mobility and stability to improve your game. Call the TELOS Fitness Center for more information on this offer. Also keep watch for our next article that will deal with a different yet related subtopic of stability where we will compare the different types of “righting reflex” training more commonly know as “Balance Training” related to Golf Performance.

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