

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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BALANCING THE FACTS

“Body-Righting-Reflexes” tend to dominate when the body is moving on or across a stable surface such as the ground, a basket ball court or even a balance beam as in one of the aforementioned examples. Therefore these types of reflex actions are by far the most common we develop and utilize to meet the predominance of the balance demands we face during life activities and for most sports.

Most life and sport activities we perform including Golf, take place on a relatively stable surface. Therefore training exercises should be selected that also challenge balance working off a stable base in order to train the correct specific reflex actions and elicit the appropriate neuromuscular adaptations. This ensures for more effective transference from exercise to life or within the sport we wish to improve. Exercises can be trained on a reduced surface area, on one foot, with unequal loads, or even with the eyes closed to better challenge and develop “body-righting-reflexes” if deemed appropriate for the person’s needs and abilities.



“Tilting-Response-Reflexes” tend to dominate when the base of Support is unstable or also in movement such as standing in a Canoe, riding a horse or balancing on a surf board as again mentioned in an above example. These types of reflex actions are less common and typically require specific environmental components that are difficult to reproduce other than when doing the activity itself.

Although very popular, the use of exercises while balancing on Wobble boards, foam rollers, stability disks, Bosus, or Swiss balls are unlikely to elicit adaptations that transfer much towards meeting sport specific “tilting response” demands. Further, such training choices offer even far less likelihood of helping the body to improve balance for any of the more common “body-righting” reflex actions demanded in life and for most sports including Golf.

GOLF STRENGTH: PART I

Our next article will focus on providing more detailed information regarding design of training programs and sample exercise selections aimed at developing Golf Strength. It is important to remember however, an exercise program should always consider the unique strengths and weaknesses of the individual as well as the specific demands of the sport they are training for. Therefore there is no one single best Golf performance program, but rather an endless number of individual programs specifically designed for each person who wants to improve their Golf game.

To find out more how to obtain such a program, we invite you to receive a complementary TELOS A.I.M. (Advanced Integrated Movement) Assessment that will discover your own unique muscle imbalances, postural deviations and movement limitations that are inhibiting your performance and contributing to injury. Only then can such a specialized program be developed and incorporated to help your game no matter what the sport or fitness goal happens to be. You may call our member experience desk at 972-386-2580 to get set up with your assessment today!

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