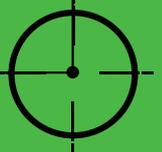




UNLEASH YOUR DRIVE: POWER- BOOSTING SECRETS FOR YOUR GOLF SWING

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Medical Level 3 Certified, TPI
Power Level 2 Certified



LET'S START HERE...

First and foremost we all want to hit the ball as far as we can and in the fairway. Am I right?

So how can we generate the most amount of power in order for our body to do this?



WHAT IS POWER?

Power is the ability to produce force through a range of motion in a particular amount of time. In the instance of striking a stationary golf ball with a moving club head, we will take some liberty by interchanging the words power and force.

Some of you may recall the formula for calculating force as multiplying the mass (weight of the club head) by the acceleration (of the club head as it impacts the ball). In order to increase the force in which the club head transfers to the golf ball is to increase the weight of the club head or to increase the acceleration of the club head. The problem with increasing the weight of the club head is that the USGA regulates many specifics of the equipment and physicists have shown that the more an object weighs, the more difficult it is to move. So, let's leave club design to the experts and then we can focus on increasing acceleration.

WHAT'S NEXT?



Going out and buying the latest and greatest equipment year after year sounds like the easiest way to keep gaining yardage right? However, if you think that just by spending thousands of dollars on equipment your handicap will automatically go down, you're wrong! If that was the case there would be a whole lot more PGA players out there! If you don't invest in your body physically, your golf game cannot play at its peak potential. Whether you have weakness, tightness, or you lack body awareness, your golf swing could be affected greatly by one or more of these variables and unfortunately, new clubs won't fix this.

There is no perfect golf swing, however there is a most efficient and ideal swing for each individual person. We are all built differently, shaped differently, and therefore should have a slightly different golf swing from one another. So keep in mind that in order to optimize your body it may be different from your buddies or your family member!

Now let's learn how to start to optimize your body!

TOP 3 WAYS TO INCREASE CLUB HEAD SPEED

1. POWERFUL LOWER BODY

All golfers push against the ground to generate speed (just watch Cameron Champ, Bryson DeChambeau, Rory McIlroy, Bubba Watson, etc), maximizing vertical force as a strategy to increase clubhead speed is nowhere more apparent than Long Drive. So you're telling me having a large vertical could determine potential for a powerful swing? Yes, that is true.

2. MOBILITY

Being able to move our joints through pain free range of motion is key for increasing club head speed. Just think, increasing your backswing length, increases the distance from the object (ball) which then gives you more time to increase the amount of force applied, thus increasing your power. Also, if we are limited in one joint we may rely on another which can increase risk of injury.

3. EFFICIENT KINEMATIC SEQUENCE (GOLF SWING)

What is the normal kinematic sequence? On the downswing the lower body leads, followed by the upper body until the club head contacts the ball. This sequence, if not followed correctly (even with the timing), can result in inconsistent shots, slices, hooks, fat shots, etc. So many things can result in a shift in kinematics including weakness, pain, lack of mobility, poor body awareness, etc. Finding out these deficits in each person is key.



GOLF ASSESSMENT

Dr. Tara Jaeger, PT, DPT, TPI Medical Level 3 and Power Level 2 Certified, is a licensed physical therapist in North Dakota and Minnesota who is an expert in human movement and the musculoskeletal system as well as specializes with golfers body to address deficits that may affect the swing, including weakness, mobility, or motor control.

A body can only swing as well as the body allows it to. Getting a golf fitness assessment can give us a clear picture of how your body may not be “efficiently” moving for your golf swing. Whether or not you experience pain, this could be hurting your distance, and thus your handicap.

So, if you truly want to improve your **POWER**, you need to have your body assessed to ensure that it is moving properly in all the right ways and in all the right places. Not only that, it also needs to have stabilization in other areas, but that is for another day.



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EXERCISE

SPINAL STABILITY

Having a stable and strong core is important in all sports but especially in rotational sports such as golf. Ensuring a strong and stable base within your core and spine while performing high speed rotational forces, decreases risk of injury, such as low back pain, as well as improves form and performance. Who doesn't want that?!



BIRD-DOG

CHILDS POSE



THORACIC AND SHOULDER MOBILITY

Thoracic and shoulder rotation and mobility is vital if you want to have increased power, more distance and reduce risk of injury in golf. The ability to rotate your spine and rotate your shoulder (especially your trail shoulder) is key.

HIP ROTATION

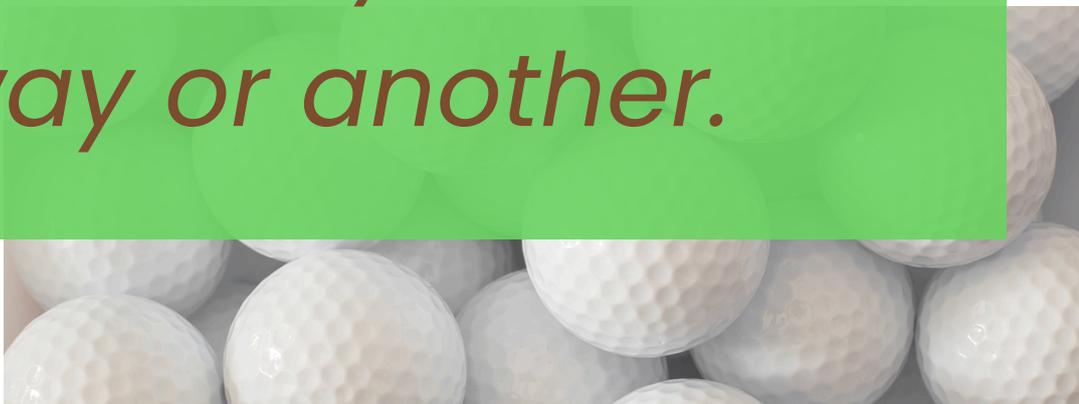
Being able to rotate your hips is vital in golf. If you can't rotate your hips, this could put a great amount of pressure on your low back leading to low back pain or injury. Another reason limited rotation could be limiting our swing is that decreased internal rotation of our trail leg in our back swing, could lead to swaying causing inconsistent golf shots, and loss of distance.



BUTTERFLY STRETCH



If you are constantly slicing or hooking the ball, or never feeling like you're getting enough power in your swing, odds are that your body is not moving optimally in one way or another.

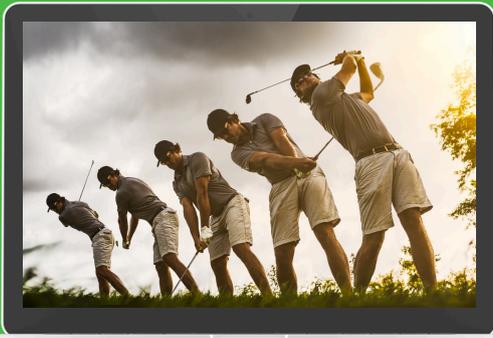


Let's Fix it!

Contact Recharge Physical Therapy & Wellness to
schedule your assessment today!



701-922-9288



- 16 movement assessment of the body to determine deficits affecting the golf swing
- 2D video analysis

- Communication on individual needs
- Personalized Exercise program to begin working on deficits



LEARN MORE

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