

# The Golf Physical Therapy Corner

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Last month we talked about the importance of letting your golf instructor know of previous surgeries and injuries. Simply put past injuries change motor patterns. Motor patterns change mainly because muscles become either inhibited or overactive. This in turn can change how you swing the club. Take for example a previous low back injury. One of the byproducts is a compensatory swing involving the common over the top move. This creating less than optimal compression of the ball and more of a swiping motion leading to less distance and control over the golf ball. Restrictions with your low back can lead to poor sequencing with your swing and an overactive upper body. Having the right combination of mobility and stability is a balancing act. The best way to address this is improving overall gross movement patterns which can be broken down identifying those areas which need attention. Select Physical Therapy in Winter Haven does just that. Cheers!