

# The Golf Physical Therapy Corner

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Hello everyone! I recent attended the world golf fitness summit in Orlando. Essentially it was a convocation of people from all over the country which had everything and anything to do with golf! Numerous lectures and demonstrations were presented. Physical therapists, MDs, chiropractors, trainers, and of course instructors provided a look into their world and things their working on with their golfers. One topic discussed involved breathing. Breathing is something you do on average approx. 24,000 times per day and predominantly governed by our autonomic nervous system. There are different types of breathing patterns. For example some are belly breathers. One of the reasons you may be breathing this way is due to poor rib mobility. Close you hand and put it on your chest just below your collarbones. Now take a breath your fist should rise up and down significantly if not you very well may have poor rib mobility and ultimately thoracic spine (middle of your back) mobility. Working on breathing alone can and will improve your trunk mobility. There are so many things you can improve physically for your overall health which in turn undoubtly has a positive impact on your golf game. The next couple months we'll look at sleep and emotional/mental approach to your game. For now enjoy the cooler weather and good golf. Cheers!