

# Preparing Your Body For The Golf Season

Corey Podbielski, PT, DPT, OCS  
Gaylord Physical Therapy-Madison

# About Me

## Corey Podbielski, PT, DPT, OCS

- Doctorate in Physical Therapy
  - Springfield College (2015)
- Lead Physical Therapist
  - Gaylord Physical Therapy – Madison
- Board Certified Orthopedic Clinical Specialist
- Titleist Performance Institute Certified
- Head Coach for Gaylord Wolfpack Sled Hockey



# The Gaylord Healthcare System



## Gaylord Hospital



**Wallingford**  
50 Gaylord Farm Rd., Wallingford, CT  
Phone: (203) 284-2800  
Fax: (203) 294-2811  
[www.gaylord.org](http://www.gaylord.org)



## Traurig House Transitional Living Center



**Wallingford**  
50 Gaylord Farm Rd., Wallingford, CT  
Phone: (203) 741-3488  
Fax: (203) 294-8766  
[www.gaylord.org](http://www.gaylord.org)

## Gaylord Outpatient Services



**Wallingford**  
50 Gaylord Farm Rd., Wallingford, CT  
Phone: (203) 284-2888  
Fax: (203) 294-8705  
[www.gaylord.org](http://www.gaylord.org)

## Gaylord Physical Therapy



**Cheshire**  
1154 Highland Avenue  
Cheshire, CT 06410  
(203) 679-3533 - Phone  
(203) 294-8705 - Fax  
[www.rehabwithapro.org](http://www.rehabwithapro.org)



**Cromwell**  
50 Berlin Road  
Cromwell, CT 06416  
(203) 284-3020 - Phone  
(203) 294-8705 - Fax  
[www.rehabwithapro.org](http://www.rehabwithapro.org)



**Madison**  
28 Durham Road  
Madison, CT 06443  
(203) 284-2929 - Phone  
(203) 294-8705 - Fax  
[www.rehabwithapro.org](http://www.rehabwithapro.org)



**North Haven**  
8 Devine Street  
North Haven, CT 06473  
(203) 230-9226 - Phone  
(203) 294-8705 - Fax  
[www.rehabwithapro.org](http://www.rehabwithapro.org)

# The Titleist Performance Institute (TPI)

TPI is the worlds leading educational organization dedicated to the study of how the human body functions in relation to the golf swing

“There is no one way to swing a golf club. However, there is an efficient way to swing for each golfer, and that is based on what that golfer can physically do.”



# TPI on the PGA Tour

19/20

- 19 of the last 20 major championship were won by players advised by a TPI certified expert

25/30

- 25 of the top 30 players in the world are advised by a TPI certified expert

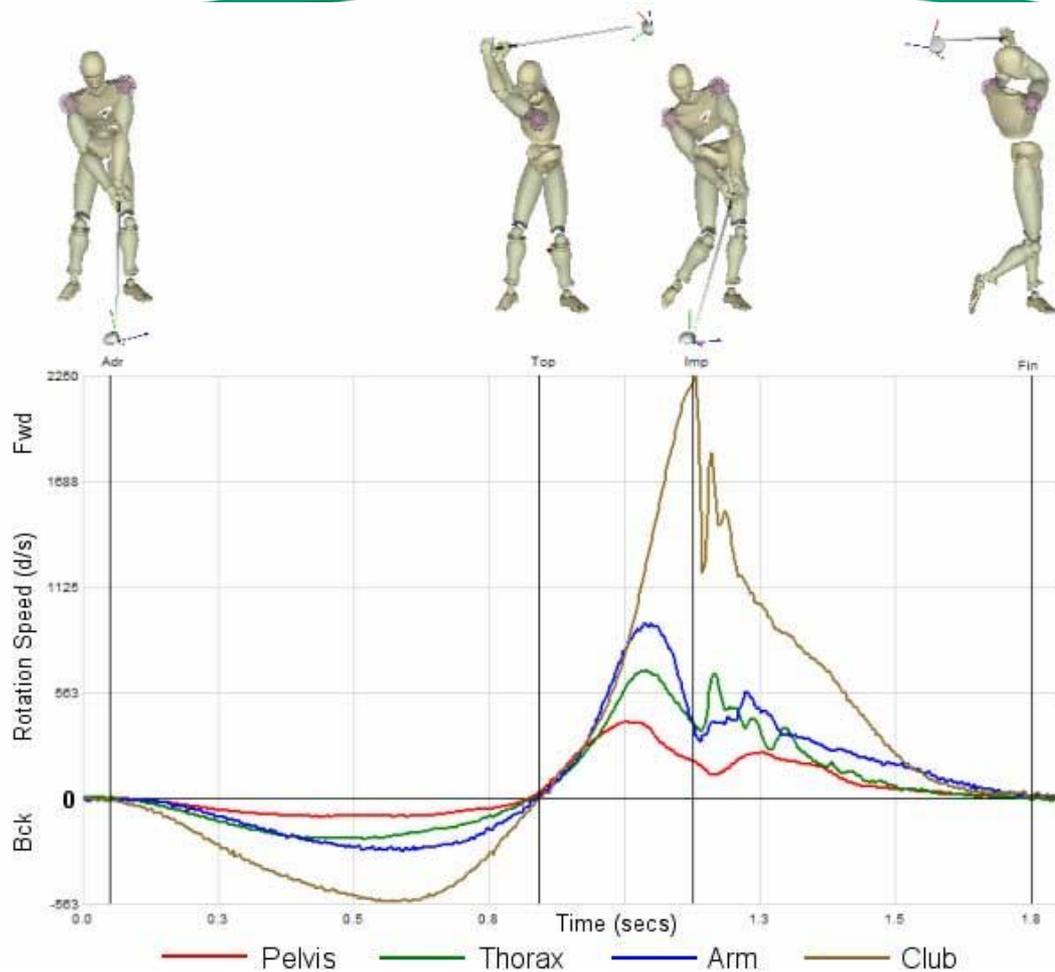
52/63

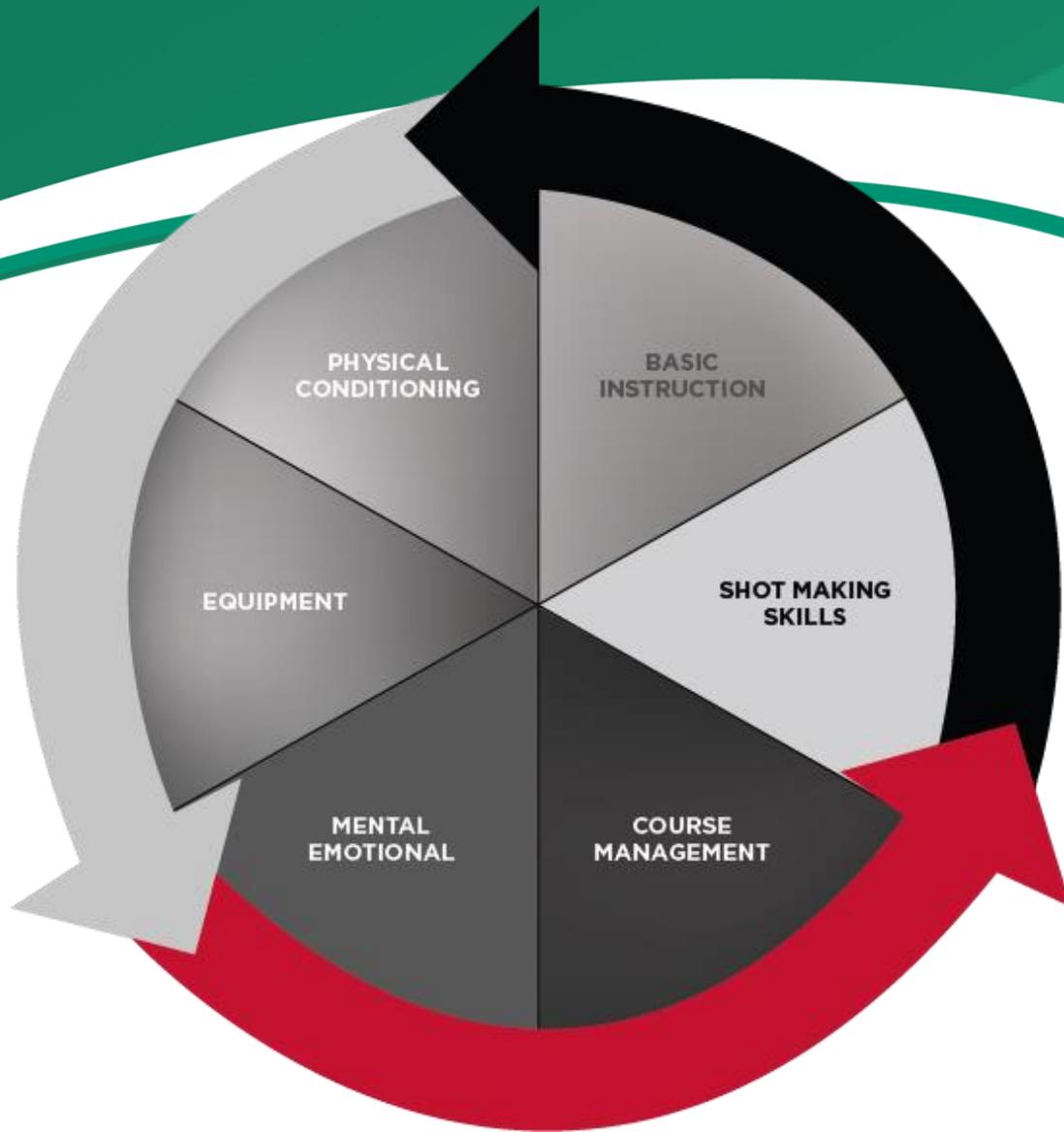
- 52 of the last 63 PGA tour events were won by players advised by a TPI expert

# The Body Swing Connection



# Kinematic Sequence





# Back Pain in Golf

- There are more than 26 million golfers in the United States, with an estimated 25% over the age of 65
- Low back pain is the number one injury sustained by golfers, accounting for up to 34.5% of all injuries
- The direct annual costs of back pain, as related to physician services, medical devices, medications, hospital services, and diagnostic tests, for example, are estimated to be \$91 billion

# Other Aches and Pains

- **Cervical pain**
  - Herniated discs
- **Shoulder sprains/strains**
  - Impingement, arthritis, instability, rotator cuff tears
- **Tennis/golfers elbow**
- **Hip pain**
  - Impingement, joint replacement, arthritis
- **Knee pain**
  - Arthritis, joint replacement
- **Foot/ankle pain**
  - Ankle sprains, plantar fasciitis, achilles tendonitis

# Why do we hurt?

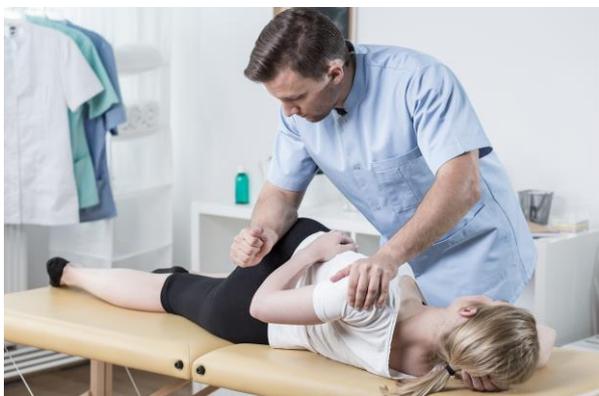
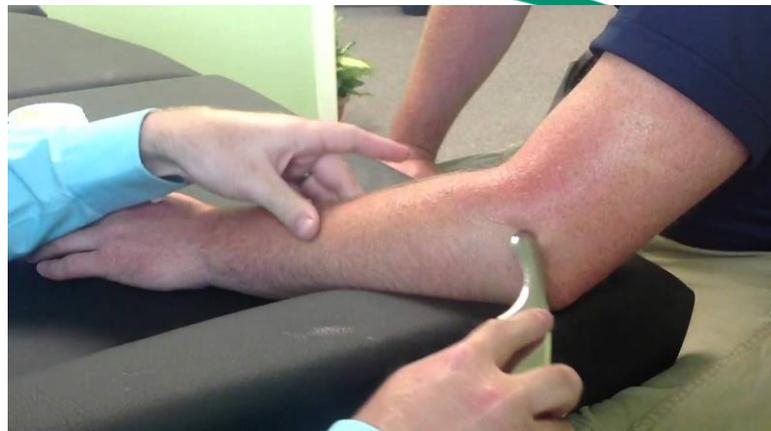
- Golf is a series of maximum and sub-maximal effort shots. In a full swing, the demands are high on the muscles, tendons, ligaments, and joints
- Lack of:
  - Flexibility/Range of motion
  - Strength
  - Stability
  - Power development

# What's the fix?

- WARMUP!!!!
- Improve physical deficits
- Train



# Physical Therapy Treatment



# Physical Therapy Treatment



# Warmup Exercise #1

- **Squat**
- **Hips, knees, ankles, glutes, quads, hamstrings, and more!**
- **Repeat for 20 repetitions**
- **Use a golf club/cart to stabilize if needed**



# Warmup Exercise #2

- Upper body rotation
- Try to keep lower body still at first
- Progress to bigger swings, add in club
- Perform 20 repetitions to each side



# Warmup Exercise #3

## Leg Swings

- Perform swinging forward and backwards as well as side to side
- Perform 20 times in each direction, with each leg
- Use golf club to stabilize
- Don't get too crazy, its just a warmup!



# Questions?

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<https://www.gaylord.org/Patients-Families/Conditions-Services/Physical-Therapy/Golf-Performance-Program>