

Having trouble viewing this email? [Click here](#)



***AUGUST 2018***

**GOLF TIPS**



**Do you have back or hip stiffness causing decrease in yardage off the tee?**

[Unsubscribe](#)

**Golf requires flexibility, endurance and power to have a consistent pain-free swing. All the professionals are training off the course to be stronger and more flexible which is leading to drastic changes on the game. Compare Tiger Woods, Dustin Johnson, and Rory McIlroy to Arnold Palmer, Tom Watson, and Gary Player. The new age golfers are bigger, fitter, and crush the ball as compared to the last generation.**

**There are many ways to improve your game including: Updated clubs, better balls, professional lessons, and physical fitness. Only one of those are FREE!**

**According to the American Physical Therapy Association (APTA), awareness of proper posture and the importance of fitness and flexibility are just as important for weekend golfers as they are for professional athletes.**

**Did you know, a Physical Therapist can assess physical abilities and provide individualized training programs that address muscle imbalances, body mechanics, posture, strength, and cardiovascular fitness.**

**The golf swing is one of the most complicated movements in any sport due to the need to maintain stability in some joints while exhibiting flexibility in other. A better swing, with fewer limitations allows for a more accurate ball strike, greater distance, and less stress on the muscles and joints.**