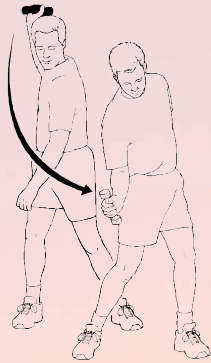


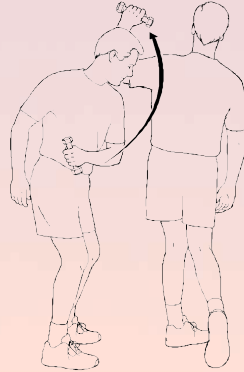
Golf – Strength Through Impact



Takeaway Squat II: “Magic Move”

In wide stance, hold 3-5 pound weight in right hand, same arm in top position. Lower right elbow onto right hip, shift body weight to left while rotating the trunk (no slide!), keeping hand with weight back.

Repeat 10-15 times • Do 1 session per day.



Finish Squat

In wide stance, hold 3-5 pound weight in left hand. From impact position, follow through with left hand to balance finish position. Keep right shoulder down and flip right heel over.

Repeat 15-30 times. • Do 2 sessions per day.



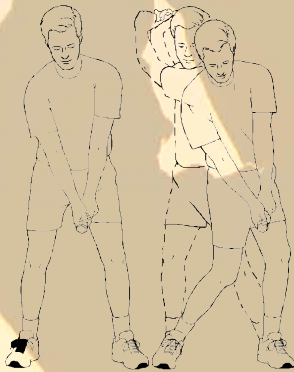
Twister

Stand in address position, 5-15 pound weight against sternum, head over the ball. Rotate only trunk back and forth quickly in short arc.

*Repeat 15-30 times each direction.
Do 1 session per day.*

Focus on:

- Legs quiet.
- Shoulder turn.
- Weight bearing position.



Shoulder Turn:

Address to Impact Stand in address position, 3-5 pound weight in golf grip. Perform a takeaway to top of backswing. On down swing, return to impact position.

Repeat 15-30 times. Do 1 session per day.

Focus on:

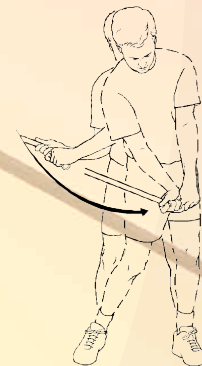
- Position at top.
- Maintaining firm right leg.
- Staying behind ball at impact.
- Driving right knee to left.
- Transferring weight at impact.



Hitting Zone

Stand with side to tubing at waist height. Hold tubing in hitting zone. Pull hands to impact position by turning shoulders. Do not pull with arms. Return using good body mechanics.

Repeat 15-30 times. • Do 2 sessions per day.



Down Swing

Stand with side to tubing at shoulder height. Hold tubing in top position. Pull down to hitting zone, not to impact point, by turning shoulders. Do not pull with arms. Return using good body mechanics.

Repeat 15-30 times. • Do 2 sessions per day.



When you first get injured, remember to PRICE!

As soon as possible after an injury, such as a sprained ankle or strained muscle, you can relieve pain and swelling with PRICE—Protection, Rest, Ice, Compression, and Elevation. This will also help promote healing. You should apply the PRICE method for 48 hours. If after 48 hours the pain and swelling have not decreased, consult your medical doctor or physical therapist as a more serious injury may have occurred. Physical therapists are musculoskeletal experts making them an excellent first choice.

PROTECTION

Protect the injured area the best you can until you can evaluate by using an elastic bandage (Ace wrap), sports tape or an air cast if available.

REST

Rest the injured or sore area. If you are able, stop or take a break from the activity that is causing your pain or soreness. If you are not at a location where you can take a break, change the activity you are doing, such as walking instead of running. You should refrain from any activity causing pain for 48 hours.

ICE

Ice is the best treatment for injuries when they first occur because it can reduce swelling and pain. Ice causes the blood vessels to narrow which limits bleeding at the injury site. Apply ice to the affected area for 10 to 15 minutes at a time several times a day (putting a towel between your skin and the ice instead of directly on your skin is recommended). Icing longer than 20 minutes can actually have the opposite effect as the body starts to compensate for the cold. Allow the skin temperature to return to normal before icing again. You can use an ice pack that conforms to the body part being iced, a bag of frozen peas or a basic bag of ice.

COMPRESSION

Adding compression through wrapping the injured area with an elastic bandage (such as an Ace wrap), will help decrease swelling. If you feel an increase in pain, numbness, tingling, swelling, or coolness below the elastic bandage, you may have it wrapped too tight so it should be loosened. You can consult a physical therapist on the best way to use a compression wrap.

ELEVATION

Swelling and soreness is common in injuries. To help decrease swelling, elevate the injured or sore area at or above the level of your heart. You can use pillows to help add elevation to the injured area when you are sitting or lying down while you apply ice.

Hours: *Please call for appointment availability*

Insurance Coverage: We are preferred providers for most insurance plans in Oregon, call today and we will gladly verify your physical therapy benefits for you.

CONDITIONS WE TREAT

- Acute Orthopedic Injuries
- Neck & Back Pain
- Work Related Injuries
- Sports Related Injuries
- Post-operative Conditions
- Repetitive Stress Injuries
- Motor Vehicle Accidents

SERVICES WE PROVIDE

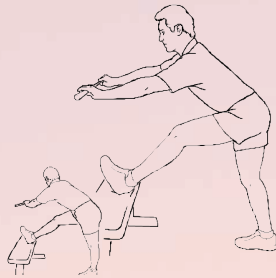
- Orthopedic Manual Therapy
- Soft Tissue Mobilization
- Exercise Prescription
- Joint Mobilization/ROM
- Home Program Instruction
- Posture & Body Mechanics
- Strength and Conditioning
- Modalities (ultrasound, electrical stimulation) Iontophoresis, etc.
- Sports Rehabilitation

Our Promise

We promise to aid, accelerate and improve our patient's healing in a professional and personable manner so they can experience the best physical health life can offer.



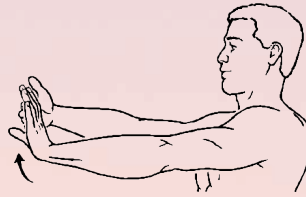
Golf – Full Body Pre-Round Stretching



Hamstrings

One heel on bench, leg slightly bent, other leg straight. Reach arms forward, keeping back straight. Hold 20-30 seconds while rotating your trunk slowly back and forth. Repeat with other leg up.

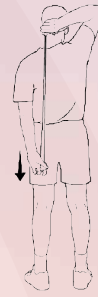
Repeat 1-2 times.



Wrist Flexor Stretch

Keeping elbow straight, grasp hand and slowly bend right wrist back until stretch is felt. Hold 3-5 seconds. Relax.

*Repeat 5-10 times per set. • Do 1 set per session.
Do 1 session per day.*



Shoulder External Rotation

Standing, feet shoulder width apart, grasp club with one hand palm forward, arm extended above head, and other hand palm back behind back, arm bent elbow down. Pull gently upward. Hold 3-5 seconds. Switch arms and repeat.

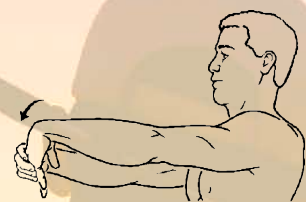
Repeat 5-10 times. • Do 1 session per day.



Trunk Side Flexion

Standing, feet shoulder width apart, hold club behind shoulders. Bend to one side. Hold 3-5 seconds. Repeat toward other side.

Repeat 5-6 times. • Do 1 session per day.



Wrist Extensor Stretch

Keeping elbow straight, grasp hand and slowly bend right wrist forward until stretch is felt. Hold 3-5 seconds. Relax.

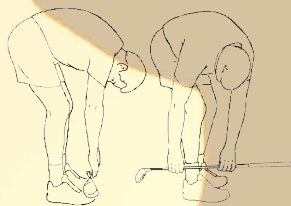
*Repeat 5-10 times per set. • Do 1 set per session
Do 1 session per day.*



Shoulder Internal Rotation

Standing, feet shoulder width apart, grasp club with lower hand, arm extended behind back, palm back and upper hand behind back, arm bent elbow up, palm forward. Pull gently downward. Hold 3-5 seconds. Switch arms and repeat.

Repeat 5-10 times. • Do 1 session per day.



Trunk Forward / Side Bend

Standing, feet shoulder width apart, try to touch toes. Hold 5-10 seconds. Straighten, then bend over and try to touch side of foot. Hold 5-10 seconds. Repeat on other side.

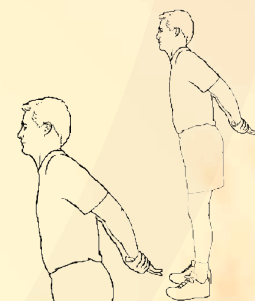
Repeat 2-3 times. • Do 1 session per day.



Trunk Rotation

Standing, feet shoulder width apart, hold club behind shoulders. Rotate one direction, keeping feet flat. Hold 1 second. Repeat toward other side.

Repeat 10-15 times. • Do 1 session per day.



Extension

Stand with hands clasped behind back. Extend arms out as far as possible. Hold 3-5 seconds.

Repeat 5-10 times. • Do 1 session per day.



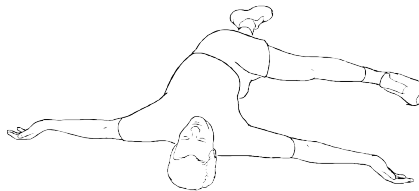


Maximal Trunk Rotation

Rotation Supine

Lie on back, legs straight, arms out from sides. Cross one leg over body and touch toe to floor. Hold 30-60 seconds. Repeat with other leg.

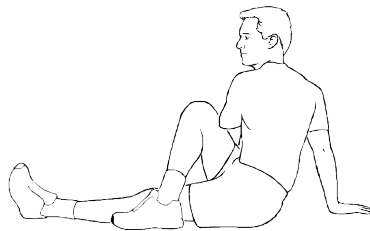
Repeat 2-3 times. • Do 1 session per day.



Rotation – Sitting

Sit with back straight, legs extended. Cross one leg over other, foot parallel to extended leg. Bring opposite arm behind crossed leg, pushing on crossed leg for more stretch in trunk. Other hand supports. Hold 20-30 seconds. Repeat with other leg.

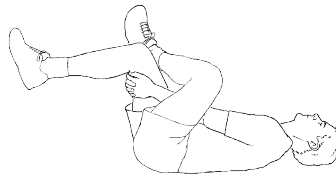
Repeat 2-3 times. • Do 1-2 sessions per day.



Hip Extension

Lie on back, legs in air, knees bent. Grasp hands behind one thigh and cross other leg over same thigh. Hold 20-30 seconds. Repeat with other leg held.

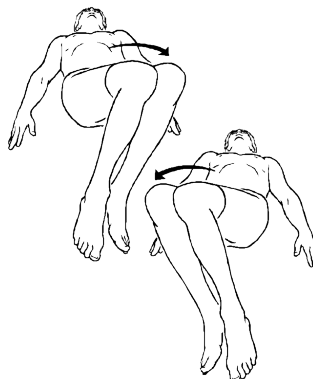
Repeat 2-3 times. • Do 1-2 sessions per day.



Lumbar Rotation (Non-Weight Bearing)

Feet on floor, slowly rock knees from side to side in small, pain-free range of motion. Allow lower back to rotate slightly.

Repeat 10-15 times per set. • Do 1 set per session. • Do 1-2 sessions per day.



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Improving Range of Motion

Upper Quadrant



Facing forward, turn head to left as far as is comfortable. Gently add a little pressure with hands to stretch further. Stop if there is pain. Hold 10- 5 seconds. Repeat toward other side.

Repeat 2-3 times each direction, making sure you are sitting or standing tall.

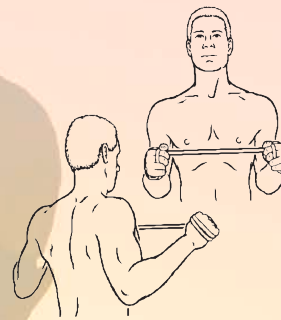


Gently pull on left elbow with other hand until stretch is felt in the back of your left shoulder. Hold for 10-15 seconds.

Repeat the same stretch with your right shoulder. Repeat 3 times on each side.



Stand with hands clasped behind head. Pull elbows back as far as possible. Hold for 10-15 seconds. Relax. Repeat a total of 3 times. Make sure your are standing tall while you avoid a shrugging motion with your shoulders.



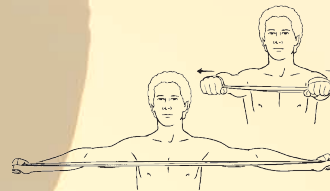
Sit or stand, tubing in both hands, elbows at sides, bent to 90°, forearms forward. Pinch shoulder blades together and rotate forearms out. Keep elbows at sides. Avoid if painful.

Repeat 3 sets of 10 making sure your palms are facing each other through the entire range of motion. Avoid shrugging your shoulders.



Standing, feet shoulder width apart, grasp club with one hand palm forward, arm extended above head, and other hand palm back behind back, arm bent elbow down. Pull gently upward. Hold 10- 15 seconds.

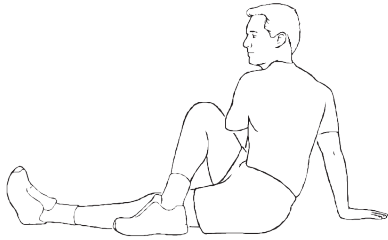
Switch arms and repeat 3 times on each side. Remember to keep shoulder blade relaxed with lower arm.



With resistive band looped around each hand, and arms straight out in front, stretch band across chest. Make sure your hands stay below shoulder height while your elbows are straight. Avoid if painful. Repeat 3 sets of 10.

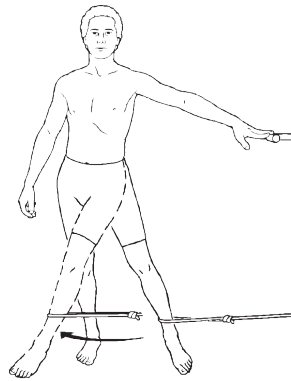


Lower Quadrant



Sit with back straight, legs extended. Cross one leg over other, foot parallel to extended leg. Bring opposite arm behind crossed leg, pushing on crossed leg for more stretch in trunk. Other hand supports. Hold seconds. 10-15 Repeat with other leg.

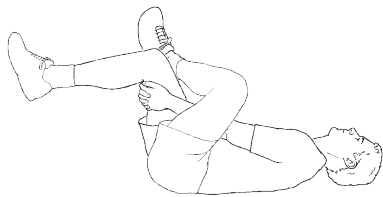
Repeat 3 times each direction.



Place tubing in door while right shoulder is closest to door.

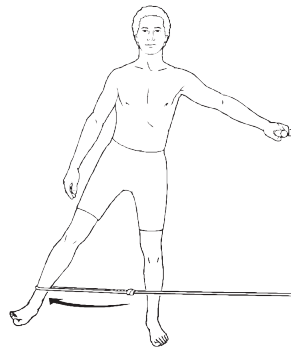
With tubing around right leg, bring right leg across body. Make sure your left knee is bent and your knee stays over your 2nd and 3rd toes.

Repeat 3 sets of 10, resting as needed.



Lie on back, legs in air, knees bent. Grasp hands behind one thigh and cross other leg over same thigh. Hold 10-15 seconds. Repeat with other leg held.

Repeat 3 times on each side.



Place tubing around your left foot while standing on your right foot. Tubing in door and right shoulder closest to door.

Slight bend in your right knee while keeping knee over 2nd and 3rd toes.

Pull your left foot away from door.

Repeat 3 sets of 10.

Place one end of the tubing in a door at waist height.

Stand facing the door and wrap band around your right hand. Stand on your right leg with your left foot hooked behind right ankle. Do a small squat with your right knee and balance with your right knee over your 2nd and 3rd toes.

Once balanced, pull your right hand back towards your right hip. Make sure you keep a good balance on the right side with no twisting.

Slowly return band to starting point then immediately repeat.

Do 10 reps then rest. Repeat each rep slow and controlled.

Repeat a total of 3 sets if you do not have pain.

Place one end of the tubing in a door at waist height.

Stand facing the door and wrap band around your right hand. Stand on your left leg with your right foot hooked behind left ankle. Do a small squat with your left knee and balance with your left knee over your 2nd and 3rd toes.

Once balanced, pull your right hand back towards your right hip. Make sure you keep a good balance on the left side with no twisting.

Slowly return band to starting point then immediately repeat.

Do 10 reps then rest. Repeat each rep slow and controlled.

Repeat a total of 3 sets if you do not have pain.

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