

Preparing Your Body For The Golf Season

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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



Traurig House Transitional Living Center



Wallingford

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

Gaylord Outpatient Services



Wallingford

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

Gaylord Physical Therapy



Cheshire

1154 Highland Avenue
Cheshire, CT 06410
(203) 679-3533 - Phone
(203) 294-8705 - Fax
www.rehabwithapro.org



Cromwell

50 Berlin Road
Cromwell, CT 06416
(203) 284-3020 - Phone
(203) 294-8705 - Fax
www.rehabwithapro.org



Madison

28 Durham Road
Madison, CT 06443
(203) 284-2929 - Phone
(203) 294-8705 - Fax
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North Haven

8 Devine Street
North Haven, CT 06473
(203) 230-9226 - Phone
(203) 294-8705 - Fax
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

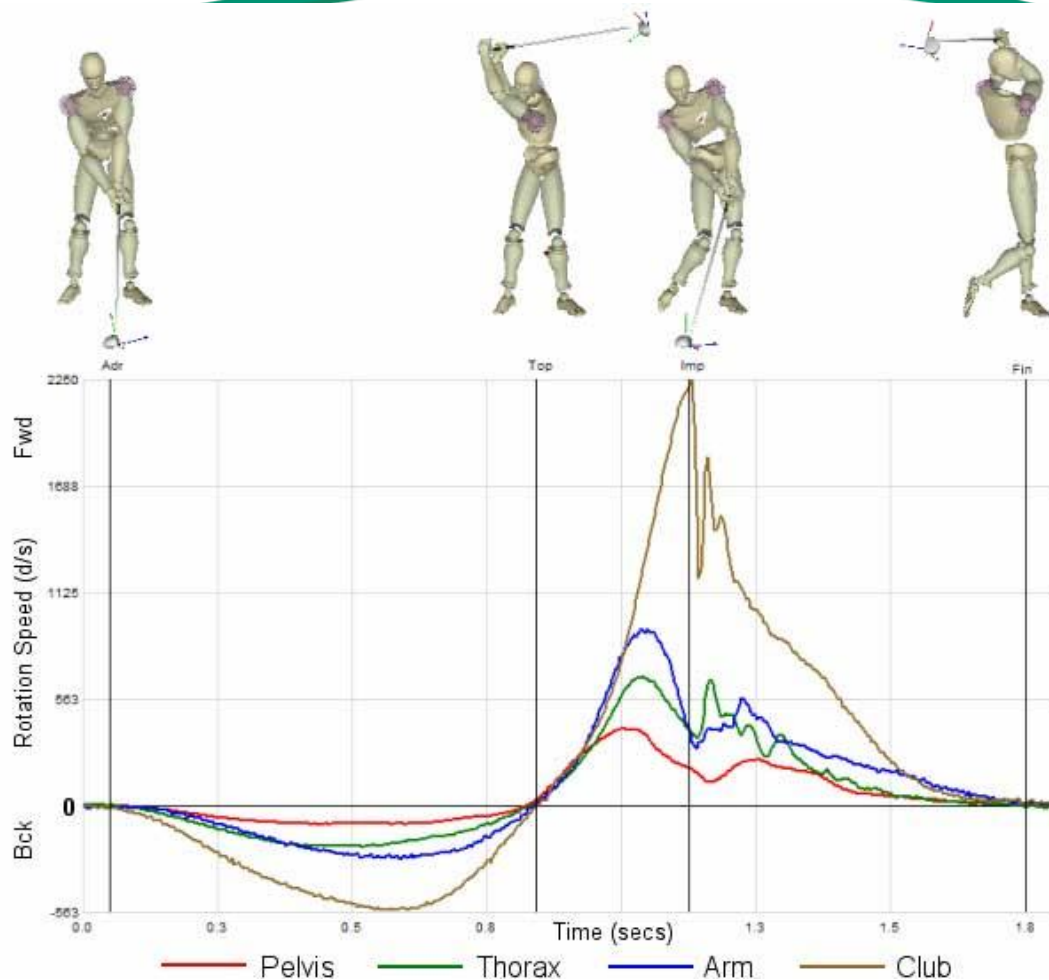
52/63

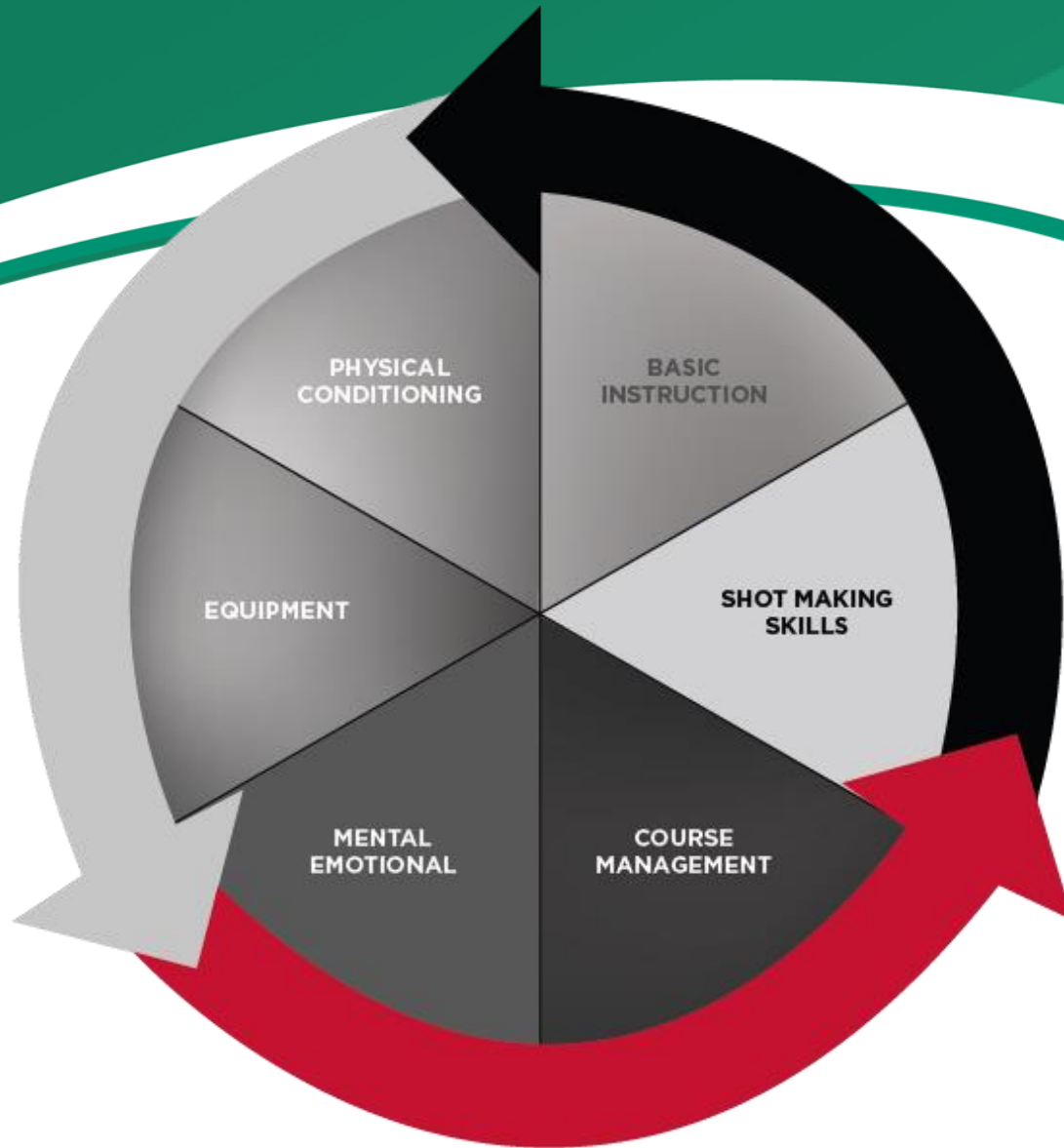
- 52 of the last 63 PGA tour events were won by players advised by a TPI expert

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, nad more!**
- **Repeat for 20 repetitions**
- **Use a golf club/cart to stabilize if needed**



Warmup Exercise #2

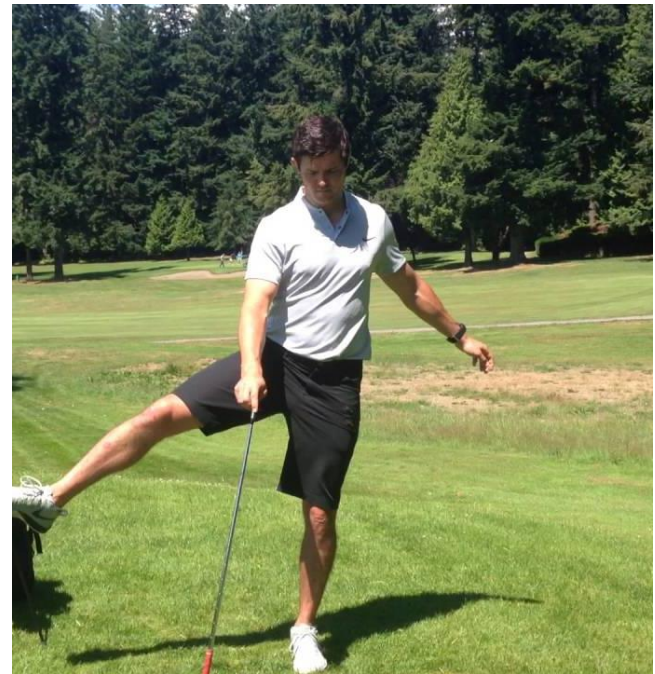
- Upper body rotation
- Try to keep lower body still at first
- Progress to bigger swings, add in club
- Perform 20 repetitions to each side



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>