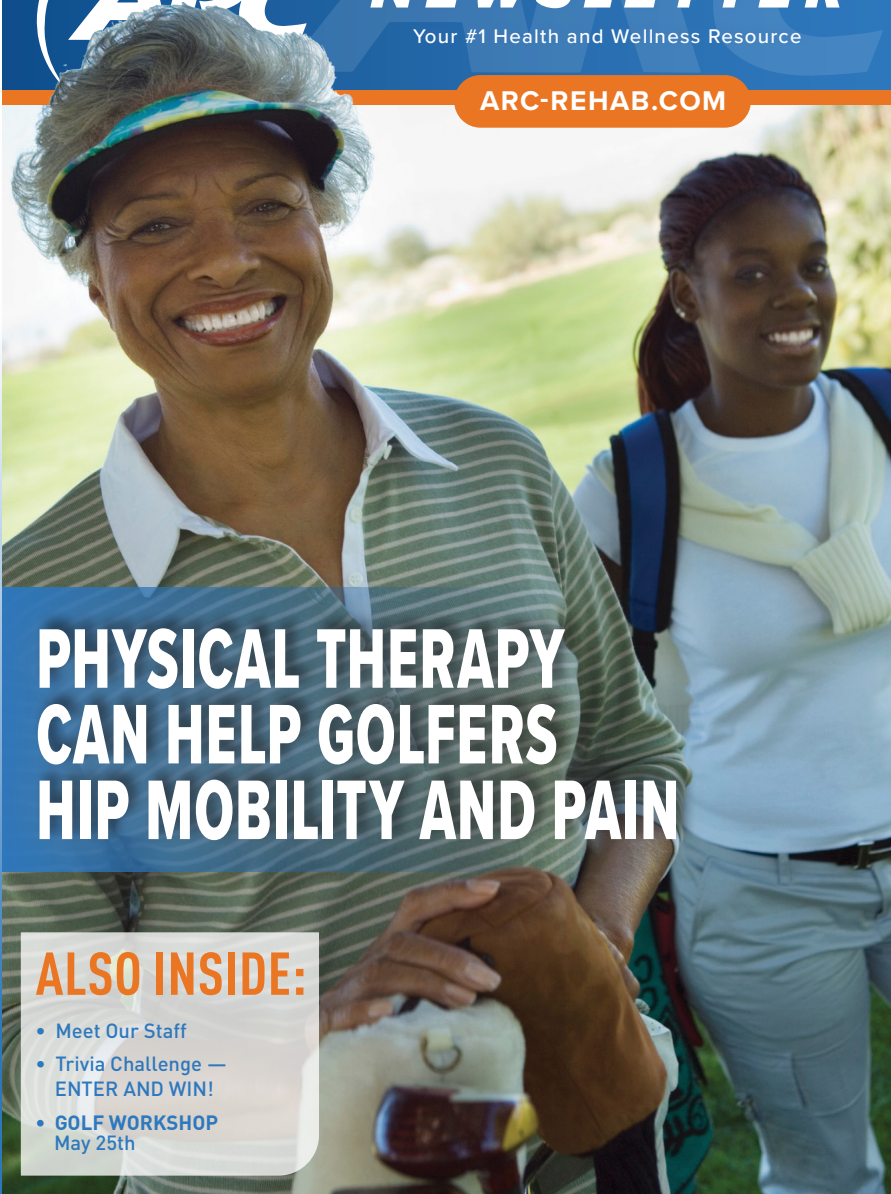




NEWSLETTER

Your #1 Health and Wellness Resource

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A photograph of two women on a golf course. In the foreground, an older woman with short, styled grey hair is smiling broadly. She is wearing a green and white striped polo shirt and a colorful visor. In the background, a younger woman with dark hair pulled back is also smiling. She is wearing a white t-shirt, a light-colored cardigan, and a backpack. They are standing on a grassy area with a golf course in the background.

PHYSICAL THERAPY CAN HELP GOLFERS HIP MOBILITY AND PAIN

ALSO INSIDE:

- Meet Our Staff
- Trivia Challenge —
ENTER AND WIN!
- **GOLF WORKSHOP**
May 25th



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PHYSICAL THERAPY CAN HELP GOLFERS HIP MOBILITY AND PAIN

Are you noticing soreness or pain in your groin? Does your back seem to feel better the more warmed up your hips are? Golfing requires a tremendous range of motion to swing the club effectively. Our physical therapist at ARC Physical Therapy understands golfing mechanics and how vital your hips are to swing a club pain-free.

The golf swing has been associated with increased injury risk due to poor swing mechanics, inadequate spine (thoracic and lumbar) mobility, poor core stability, and lack of motion and strength in the hips. Most golf injuries are related to overuse syndromes but can result from traumas like hitting a rock or root or taking a large divot.

At ARC Physical Therapy, we know how important it is to understand the golf swing mechanics and how important hip mobility and strength are for preventing injury and optimizing performance.

Request an appointment today, so we can help you resolve any injury, old and new, and get you back golfing sooner than later!

What Role Do The Hips Play In Golf?

Golf is one of the most popular sports for recreational and competitive athletes. The sport offers people of all ages to enjoy nature and physical activity. Although the mental component of dealing with frustrating shots is often considered the most challenging part of golf, the physical requirements are surprisingly demanding.

Golf requires coordination and timing of all body parts moving in sequence to achieve an ideal swing. One of the most critical physical requirements comes from the hip joints. It is vital to achieving full hip rotation for a smooth and effective swing. Limitations in the hip affect the swing and the hip joint itself and can lead to pain and injury in the joints above and below.

During the swing motion, the front leg (lead hip) and the back leg (trail hip) work in concert while performing the identical opposite movements. The torque created by this motion helps create angular velocity in the pelvis, which coordinates with the spine to achieve the whole body rotation needed to swing the club. The knee joint is also directly affected due to the enormous force generated at the hip being transmitted down the thigh bone (femur) into the knee.

Continued inside.



LOOKING FOR SOME EXERCISES TO IMPROVE YOUR GAME? CHECKOUT GREG'S EXERCISE VIDEOS



Scan the QR Code to watch the videos!

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PHYSICAL THERAPY CAN HELP GOLFERS HIP MOBILITY AND PAIN

Continued from previous page.

The coordination of the lower body and the pelvis and spine is influenced by the hip joint's mobility and strength. Therefore, any factor limiting rotation could cause pain in golfers and even lead to an injury that inhibits participation.

At ARC Physical Therapy, our physical therapists understand the demands on the hip that help a golfer achieve a smooth swinging motion and can help identify any restriction standing in your way or causing you pain

Most Common Causes Of Hip Pain In Golfers

Hip pain is a common issue affecting golfers. Most of the time, pain or injury results from swinging the golf club repeatedly due to the pressure on the hip joint and surrounding tissues, including the muscles. In addition, faulty swing mechanics can lead to pain and/or injury if the swing is not executed correctly.

Identifying whether or not the pain is an actual injury requires an assessment by a skilled physical therapist. Our team can identify the underlying issues causing your pain and limitations.

The most common causes of hip pain in a golfer include:

Muscle strains and tendinopathy: Due to the repetitive nature of golf, the hip joint, in particular, is susceptible to overuse-type injuries.

Trying to hit the ball further can also result in a strain due to the excessive force on the tissue.

Hip labral tears: The labrum is a ring of cartilage that helps the femoral head (ball) move smoothly within the socket. A labral tear is an injury to this tissue (cartilage) that leads to pain, reduced range of motion, and may cause the sensation of the hip locking up.

Hip impingement: Also known as femoroacetabular impingement (FAI), occurs when the femoral head (ball) pinches up against the acetabulum (the rim of the socket). FAI may lead to damage to the labrum. Often FAI causes hip mobility deficits and pain.

Osteoarthritis: Osteoarthritis is a degenerative type of arthritis where the cartilage in the hip joint gradually wears away. As the cartilage wears away, the joint space decreases, resulting in pain and loss of motion.

There is also some evidence that the lack of motion in the thoracic and lumbar spine affects the hip joint. Although not a direct cause of hip joint pathology, the lack of mobility influences how the body transmits the forces needed to swing the club. Addressing the thoracic spine lack of motion has been shown to reduce pain in the hip joint.

In addition, weakness or lack of stability in the core musculature can create compensatory movements. These unnatural compensations may lead to pain in the hip joint as it attempts to control the massive swing velocity without adequate support from the core.

Fortunately, our team of physical therapists is movement experts with proven success in treating golfers with all forms of pain and injury. We can help identify any limitations or weaknesses you may have and give you the tools to resolve them!

What Your Physical Therapist Can Do To Help

Developing a plan to improve and maintain hip rotation mobility is essential for optimizing performance. At ARC Physical Therapy, our physical therapists will perform a golf-specific movement screen to identify any limitations related to your pain/injury and golfing performance.

These findings will allow us to develop interventions that correct movement patterns and reduce the risk of potential injuries in the future. We incorporate manual techniques to assist our progress and ensure you move and feel your best. We will focus on pain relief techniques and improving any lost motion.

Our programs will incorporate golf-specific strength training to address your unique needs. Our programs will include education about the exercises to ensure you understand the importance and benefits of continuing to work on your therapeutic program even after you return to the links!

The hip joint plays a significant role in how the rest of your body tolerates golfing. At ARC Physical Therapy, our physical therapists will identify all the factors causing pain/injury and give you the tools to resolve your issues once and for all!



ENTER
AND WIN!

MONTHLY TRIVIA CHALLENGE

Call us with your answers before the last Friday of the month and be entered into our PRIZE DRAWING!

1. What New York landmark opened its doors on May 1, 1931?
2. What Kid's show first premiered on TV on May 1, 1999?
3. What famous race was first televised on May 3, 1952?
4. The Don't Make A Wave Committee, an environmental organization founded in Canada in 1971, officially changes its name to what on May 4, 1972?
5. Which U.S. President had the first electric lights installed in the White House?
6. What was patented by Richard G. Drew of St. Paul, Minnesota for his employers, 3M on May 27, 1930.
7. What was launched into space on May 14, 1973?



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TIPS FOR BETTER GOLFING

Golfing for the first time after a couple months can be tough on the body. Most people will experience soreness in their lower back, shoulders and wrists after their first time out. Before getting back into the swing of things, here are some following tips:

- 1. Prepare.** Before hitting the green, you may want to go to the driving range a couple of times first. This will help prepare your muscles when you play a round of golf.
- 2. Stretch.** Stretching can improve your range of motion, making it easier to swing the club. Try some of these stretches, which will warm up the muscles you will use in your golf swing.
- 3. Easy does it.** The actual motion of golfing isn't the only thing that strains your body during a round. Soreness can also come from walking around the course and carrying your clubs. Start the year off using a push cart or only playing 9 holes while you build up the endurance needed to play an entire round. If you regularly ride in a cart, this is likely a little less of a concern.
- 4. Don't let your skills get rusty.** If you're an avid golfer during the summer, try heading out to an indoor driving range during the off season. Regular exercise, such as jogging or biking, can also keep your muscles strong and ready for the season.

For additional information and some great tips to improve your game, register for our Golf Workshop.

Reference: <http://trina.com/tips-better-golfing-summer/>

Join us for a
FREE Workshop!

May 25th | 6:30 pm

GOLF WORKSHOP

Have you ever had back pain when golfing? What about taking your clubs out of your trunk? ARC in Westmont is hosting a FREE workshop focusing on back pain in golfers. In this workshop, you will learn common factors that lead to back pain.

You will learn how your swing mechanics are affected by your strength and flexibility and golf-specific exercises that will lower your injury risk and might improve your score. Come learn from our Titleist Performance Institute Certified physical therapists.



May 25th, 2022

6:30 PM

337 W. Ogden Ave.
Westmont, IL 60559



Scan the QR Code to
reserve your spot!

MEET OUR STAFF



Sarah Poecel,
Physical Therapist Assistant
and Licensed Massage
Therapist

Sarah is a Physical Therapist Assistant and Licensed Massage Therapist with ARC Physical Therapy – Orland Park specializing in pelvic health and chronic pain disorders as well as orthopedics with a focus on soft tissue release techniques and functional movement assessments and re-education. She finds her job very rewarding as helping others and problem solving is a large part of who she is. She enjoys doing her part in helping patients reach their goals. In her spare time, Sarah loves to garden, read, walk her dog, and spend time with her husband and family.

COME BACK TO ARC PT!

- Has a pain returned?
- Are you suffering from a new pain?
- Do you want to start 2022 healthier, stronger, and more active?

If you answered **yes** to any of these questions you need to come back to ARC Physical Therapy Physical Therapy. Call us today!

Call for an appointment today and start your journey to a healthier, happier, pain-free 2022.

CALL ARC TODAY!

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