

ATTENTION GOLFERS!

Discover what many professional and amateur golfers already know:

Rehabilitation of injuries and restoration of normal body mechanics helps you to improve your game and prolong your active years on a golf course.

If you have:

- Low Back Pain
- Neck Pain
- Shoulder Pain
- Hip Pain/Sciatica
- Wrist Pain
- Stiffness

If you want to:

- Improve your game
- Increase power and distance of your golf swing
- Get rid of old injuries

SEE A PHYSICAL THERAPIST NOW!!!

Did you know that most PGA Tour pros use a **personal** physical therapist?

Call for your **FREE** Evaluation

(732) 901-8844

During the sessions your therapist will provide you with a comprehensive and **individualized** rehabilitation program designed to **decrease pain and stiffness** and **increase your flexibility, strength and power.**

You will receive **therapeutic massage, state-of-the-art stretching and individualized home exercise program.** Golf-specific strengthening exercises will improve your balance and coordination and add **POWER** to your swing.

Don't let pain stand in your way! Take control of the situation now and enjoy your favorite game!

Michael Sheynin, PT, CSCS, is the owner of the Free Motion Rehabilitation Center. He is a Licensed Physical Therapist and a Certified Strength and Conditioning Specialist. For appointment, please call (732) 901-8844. 530 New Friendship Road, Howell, NJ 07731

THE GOLFERS *EDGE*

What is The Golfers Edge?

The Golfers *Edge* is a comprehensive strength and conditioning program devised specifically for golfers who wish to improve their game and get rid of nagging injuries.

What makes The Golfers Edge effective?

The Golfers *Edge* puts the emphasis on restoration of normal range of motion, proper body mechanics and core stability in the context of the golf swing.

You can only improve your game marginally if you don't have a good technique. However, very often your technique can not be improved because your body does not move properly because of muscle tightness, faulty postural habits and decreased dynamic balance.

For instance, if your hips lack flexibility in the internal rotation (the position your hips are in at the end of your swing) your body will make up for that with increased rotation and side-bending of your lumbar spine and with sliding of the leading hip. This will create a huge abnormal stress on your lower back and ultimately will cause pain and take toll on your game. In this example the faulty technique (sliding of the leading hip) comes from muscle tightness and decreased range of motion, rather than from lack of training.

The Golfers *Edge* corrects problems like this enabling you to work on your technique to improve your game.

How does The Golfers Edge program work?

The Golfers *Edge* program consists of several interrelated parts:

1. Rehabilitation of injuries and restoration of normal movement
2. Golf-specific Strength and Conditioning Training
3. Game Improvement

The most important aspect of the program is rehabilitation of the injuries and restoration of the efficient motion. During first session a Licensed Physical Therapist will evaluate your range of motion, strength, torso mobility, balance and stability in the context of your golf swing and identify problems which may hinder your game and, ultimately, lead to injuries. After a very thorough evaluation, a plan is devised and goals are set.

During several sessions you will undergo intensive rehabilitation including therapeutic massage, stretching, and various treatments with therapeutic ultrasound, electrical stimulation, heat and cold – all designed to relieve pain and spasms and restore normal uninhibited motion.

Next step is to increase your core strength and stability. This will promote an efficient posture and balance transfer during the swing and add power to the swing. During this phase you will be set up with an individualized strengthening program designed to increase you strength, balance and coordination. An individualized Home Exercise Program will also be created for you. It will include stretching and strengthening exercises specifically tailored to your needs.

Last step is to transfer your new strength and coordination to the game itself. By no means will the Physical Therapist teach you how to play golf! That is your golf pro's job. However, your PT will team up with your golf pro in developing a program which will take into account your unique physical characteristics and needs. Your golf pro will then modify your training to achieve the best results while minimizing the potential for an injury.