

Why Get Ready for Golf Before Spring?

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With the PGA Tour getting started this winter, it gets us thinking that golf is not that far away. It's time to get your clubs out of the basement or garage, clean them up and make sure the grips are in good shape. It's also time to start doing some exercises to get your muscles ready. Golf should begin with a sound physical fitness/training program. The same performance components necessary to play good golf (flexibility, balance, posture, coordination, strength, power, endurance and mental toughness) are followed by top athletes in a variety of sports. We must prepare ourselves physically to perform at our very best, and most importantly to prevent injuries.

What kind of fitness should we do?

Titleist Performance Institute (TPI) Golf Fitness consists of a variety of movements that are recognized by TPI to be the most important movements in determining deficiencies in your golf swing and to give you a better range of motion so you can build a consistent swing.

Who can participate in TPI golf fitness?

We all can! We can identify and help improve most physical limitations, which will give you more enjoyment on the golf course.

Now that I have increased my range of motion what does that mean for my golf game?

In order to achieve maximum benefit from the advanced technology, our bodies must first be physically able to perform more efficiently. The most effective and probably most important component in better enabling our bodies towards better golf and decreased injury is that of improved flexibility.

What is GolfTEC?

GolfTEC is golf instruction! We teach you a fundamentally sound swing, not a cookie-cutter approach. We build the right swing for you, from the ground up and from setup to follow-through to create a consistent, repeatable swing. We will develop a road map to your improvement by assessing your current swing, then matching your skills to your goals.

Who can participate in GolfTEC?

We all can as long as you enjoy golf we can help you enjoy the game of golf by building you a swing that works best for you. The TEC in GolfTEC stands for T-Technique, E-Equipment, C-Conditioning. If you have fundamentally sound technique, properly fit equipment, and are in good physical and mental condition, you will play your best golf. Golfers, like all other athletes, must prepare physically in

order to perform at their best and prevent and/or minimize the occurrence of injury. In order to achieve maximum benefit from the advanced technology, our bodies must first be physically able to perform more efficiently. The most effective and probably the most important component in better enabling our bodies towards better golf and decreased injury is that of improved flexibility. This is the key to reaching full potential both as a golfer and in decreasing physical strain on your body.

For more information on GolfTEC call (605) 274-0137 or visit www.golftec.com. For more information on golf fitness, contact the Sanford POWER Center at (605) 328-1660 or visit www.sanfordpowercenter.com



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