



Getting You On

THE ROAD TO RECOVERY

A Quarterly Newsletter from Peninsula Rehab & Sport Medicine

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STRETCH OUT TO IMPROVE YOUR GOLF SWING

This is the time of year to get back into the “swing” of things. Wait too long, and you could be “below par” physically.

By: Lesley Rogan, M.Ed., P.T., ATC

Have you ever wondered how PGA and LPGA professional make their golf swings look so effortless?

It may not look like it, but the golf swing is one of the most complex movements that occur in sports. It is a mixture of balance, flexibility, stability and coordination. Your ability to coordinate all of these components into one smooth motion is the determining factor in the success of your golf swing. The more consistent your swing is, the better your game will become.



One of the more common problems that handicaps golfers is an improper weight shift. If golfers do not properly transfer their weight during the take-away portion of the golf swing, they cannot achieve the rotation and power needed to successfully drive the ball.

Improper weight shift may occur for a variety of reasons. Many of these reasons may be related to technique. Your golf professional can help you with those problems. However, sometimes this inability to shift your weight and properly load up your back leg during the take-away phase may be based on a physical barrier.

It may be that your hip rotators are tight, your thoracic spine is limiting your motion, or any number of other problems.

So what can you do to try to fix the problem? You can *stretch!* The harder question is what should you stretch and how can you get the best results? Since everyone is different here are a few suggested stretches that should help most golfers loosen up and enjoy their round of golf just a little more.

Hip Rotators:

Lay on your back on a firm surface; keep your knees bent and your feet flat on the floor (or bed). Slowly rotate your knees to the left. Keep them there for about 20 seconds, then rotate them to the right and hold them there for another 20 seconds. Repeat this exercise 5 times.

Trunk Rotators:

Sitting in a chair with armrests and keeping your hips all the way back in the seat, rotate your head, shoulders and trunk to the left. Use your arms on the left armrest to help you pull yourself a little further to the left. Hold this stretch for 20 seconds, and then rotate your head, shoulders and trunk to the right, this time using the right armrest to pull yourself a little further to the right. Now hold this stretch 20 more seconds. Repeat this exercise five times.

Hamstrings:

These are the large muscles on the back of your thighs. To stretch these muscles correctly you really have to pay attention to your form. Where are your feet pointing, and what is the position of your head and back? Stand with both of your feet facing forward; don't let them turn out to the side. Place the leg you are going to stretch on a step or a footstool (something about 12 – 18 inches high). Now keep your back straight, your head up and gently try to bring your belly button forward (forward, NOT down). If you bend your back or look down at your toes or allow either of your feet to turn outward, you will not be stretching your hamstrings. Hold this stretch for 20 seconds and do five stretches on each leg.

Shoulders:

Shoulder circles are a good start. Lift your shoulders up toward your ears, then pull them back and pinch your shoulder blades together. Then relax and let them drop down. Do 10 – 15 of these, then reverse the direction and roll your shoulders up, then forward, then down and do 10 – 15 of these. Follow these with full arm circles. Hold your arms out to the side and then rotate them forward 10 – 15 times, then back 10 – 15 times.

See our last issue on dealing with a Rotator Cuff Injury.

Listen to your body. If it hurts – stop.

As with any exercise program, you should consult with your physician before you begin these stretches. Once they give you the go ahead, these are just a few of the many stretches that you can work on to make your round of golf more enjoyable.



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(a division of Peninsula Rehab & Sports Medicine)

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Would you like to stay in or improve the shape you are in to play golf? Are you concerned about being able to safely resume or continue playing golf after surgery, or because of an injury or pain in your shoulder, hips, knees?

Our staff consists of Golf Professionals, Physical Therapists and Certified Athletic Trainers who are experts in Biomechanics. They will work with you to make any adaptations to your swing that may be necessary in order for you to improve your form and strength and safely return you to playing golf. Our new Wii Computer program offers a Golf module where we can play virtual golf, in addition to a booth where you can swing your own clubs to help analyze your swing.

Find the Shoe That Fits Perfectly

By Lesley Rogan, M.Ed., P.T., ATC

I frequently recommend to my patients that they might benefit from a new pair of sneakers. Recently I had the opportunity to practice what I preach. I needed a new pair of sneakers, so off I went to seek out the perfect pair for me.

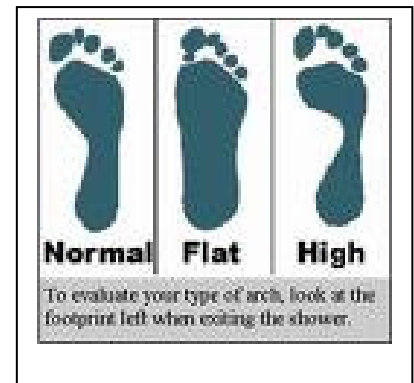


Having been a physical therapist for a long time, I realize that your choices have gone beyond the Keds and P.F. Flyers of my

youth. There are now more brands and models of sneakers than there used to be of cars. And just like cars they come designed for more and more specialized activities.

Although sneakers have changed, what I need them for has not changed all that much. I walk in them; I occasionally play golf in them; I may play a little tennis in them. I still walk in them, nothing fancy but I wear them a lot.

As a physical therapist, particularly one who specializes in sports medicine, I know a lot about the construction of shoes and sneakers. I know the difference between a board last, a slip last and a combination last. I know if I pronate versus supinate and where the toe box is versus the heel counter.



What I discovered is that sales people don't necessarily know about those things. That being the case, I thought it might be considered a public service if I make some general suggestions about points to consider when looking to get your next pair of shoes or sneaks.

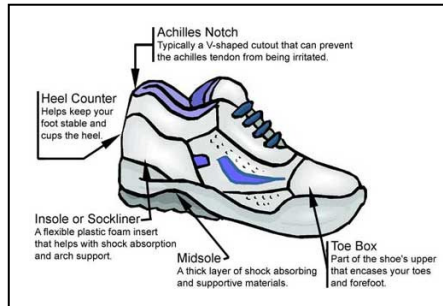
Let's start with the obvious: the shoe (sneaker) should fit your foot and feel comfortable. Do not assume that the shoe will stretch a little or that if you wear thicker or

thinner socks it will be perfect. If you use orthotics make sure you have them with you and put them in the shoes you are trying on.

Next, you should have arch support. Adequate arch support will help prevent a host of problems that can range from foot pain to back pain and all the body parts in between.

The toe box is in front of the sneaker, where your toes live. There should be space between your longest toes (this may not be your big toe) and the end of your shoe. There should also be space on the side of the shoe. That said, your toes should not slide around in the toe box.

The back of the shoe is called the heel counter. When this part of your shoe does not fit correctly, you will get a blister. That is why it is essential to determine whether this part of the shoe fits correctly before you take it home. Your heel should stay securely in the back of the shoe when you are walking.



There are several different ways to lace your shoe or sneaker that will help control heel motion if it is not excessive. If your heel is still sliding up and down, or if it is rubbing, the shoe is does not fit properly.

As for supination versus pronation, if you pronate (your foot rolls inward too much) it is especially important that you have adequate arch support. This will help control pronation. If you supinate too much (your foot rolls outward too much) a firm mid-sole in the shoe will help control that.



One of the best things you can do is to bring your oldest pair of shoes or sneakers with you when you go for a new pair. They will demonstrate the way you wear out your shoes and that should provide a good shoe salesperson with some help in guiding you toward the best shoe for you.

Take these with you!

Finding the perfect pair of shoes/sneakers is important because when your foot hits the ground it can affect your entire body. Think about the type of jolt, vibration, etc. you feel in your ankles, knees, hips, etc. when you step and land on your feet. If you do not have good, supportive and comfortable footwear, you can cause problems in all these joints. Choose wisely and not to be clichéd, but *“if the shoe fits, wear it”*.

THE WAITING ROOM IS THERE ROOM TO BREATH?

(Source: Internet/Web articles)

The issue of sensitivity to perfume, cologne and aftershave in the waiting room or the workplace is very complex.



In recent times it has come to the forefront that exposure to fragrances in close and confined spaces can and does trigger migraines, asthma, allergies and eye irritation in some individuals. Even the loveliest of scents can be the culprit.

Exposure in a medical environment such as a doctor's or dentist's office, or other waiting room areas such as the drivers license bureau or hair salon, are all potential problem areas. In a health care environment "fragrance free" policies can be even more important. Exposure to the scent of fragrances can be prolonged in these places. People in medical settings often already have conditions that could make them very prone to reactions. So much so, that many doctor's offices have resorted to posting signs asking visitors and patients alike to refrain from wearing any perfume, cologne or aftershave when visiting their offices. Some doctor's offices have even had to ask patients to leave if another individual in the waiting room or examining areas is having difficulty with the "cloying atmosphere."

This may even include the doctors and staff themselves! An examining/treatment room is a relatively small, confined space. A smell of any kind will be magnified and can be very troubling for some individuals in these close quarters.

Most people who wear enough fragrance to present a problem to others, usually do so unknowingly. One can become so used to the scent that their own sense of smell is no longer sensitive to the aroma. More of the fragrance is now required to be noticeable to themselves.

So next time you are going out for a visit where there is a waiting room or any confined area where there may be others with sensitivities or allergies, you might consider saving the perfume, cologne or aftershave until after you get back home.



Clinic Update and News



We have added several pieces of new equipment. A new Stairstepper, a BioDex machine and a new arm bike. The BioDex uses a moving platform to improve balance and leg strength and the ability to print your results for your doctor.



We have also added a Wii computer system which patients use to improve balance and strength while having fun using virtual bowling, boxing or any of the many other active programs. We even have a scoreboard displaying the top 5 scores! The programs patients use are chosen to deal with their own specific needs.

Two “virtual reality” recumbent bicycles are the newest additions. We’ve replaced our old Tectrix bikes with the Espresso S3r model. The graphics are amazingly realistic. Your ride will lead you through the course of your choice, with challenging uphill rides as well as free wheeling downhill, all the while strengthening legs, and providing a good cardio workout. It also provides a wide variety of music that you can listen to while pedaling.



If you no longer wish to receive this Newsletter, just call or write and we will remove your name from the mailing list immediately.

Links you might find interesting:

How Do I Know if I Need Physical Therapy?

http://www.ehow.com/how_2033119_need-physical-therapy.html

Never Be Alone: Lifeline Medical Alert System (Check with us for any coupons that may be available!)

<http://www.lifelinesys.com/>

What are some problems I could face by being overweight? Go to the WebMD website and type obesity in the search line to find information on some of the complications of carrying around that extra weight.

<http://www.webmd.com/>

Fragrance Allergies/Sensitivities

<http://yourtotalhealth.ivillage.com/fragrance-irritation-allergies.html>

Next Issue Feature:

The Dos and Don'ts of Safe Fishing

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