

Is faulty posture affecting your swing?

One of the most overlooked aspects of the golf swing is correct posture at address. Having poor posture at address can have a negative impact on both the backswing and the downswing and how you hit the ball.

“**C-Posture**” is a pronounced rounding of shoulders and upper back or thoracic spine at address. If a player sets up in C-Posture at address it can be very difficult to maintain posture or spine angle on the backswing. A loss of posture usually results in one of two miss-hits. For right handed golfers, this may be a block to the right or a hook to the left.



C-Posture is often caused by a series of muscle imbalances and stiff joints in the thoracic spine that typically develop over many years. Muscles imbalances may include tight or shortened chest, neck and back muscles. Weak muscles may include those that stabilize the shoulder blades as well as the neck. The inability to extend through the thoracic spine may lead to a loss of spinal rotation. This may limit the ability to maintain posture when taking a full backswing.

Fortunately, many of the muscle imbalances and joint restrictions associated with C-Posture can be corrected with exercise. For more information, about exercises for golf and the **Golf Fitness Academy** please visit www.stonetownphysiotherapy.ca or www.stmarysgolf.com.

Clinic News.....

Congratulations to Jeff Romkey and Kate Shanks whose wedding will take place in August.

Jeff has had a very busy summer, as he also successfully completed a Clinical Masters Degree in Manipulative Therapy at the University of Western Ontario. Jeff is now a Fellow of the Canadian Academy of Manipulative Physiotherapists – the highest level of distinction for physiotherapists specializing in orthopaedic practice .

As part of his Masters Degree, Jeff completed an anatomical research project on the muscles that support the head and neck. Weakness in these muscles is a contributing factor to headaches, neck pain and jaw pain.

Physiotherapists commonly prescribe strengthening exercise in combination with other therapies to help with these areas of pain.

*Meg Smith
Registered
Physiotherapist*

*Jeff Romkey
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*Cyril Moss
Certified Strength
and Conditioning
Specialist*

*Providing
excellence in
care...*

*-Manual/
Manipulative
Therapy*

*-Therapeutic
exercise*

-Acupuncture

*- Golf Fitness
Academy*

*-Sport specific
rehabilitation and
conditioning*

-Fitness testing

-Gait assessment

-Custom Bracing

*-Custom
Footbeds*

*-Preventive
Healthcare*