

DR. PGA'S GOLF DOCTOR SEMINAR INJURY PREVENTION & PEAK PERFORMANCE

COURSE DESCRIPTION

Doctors who take this course are going to learn how to treat Golf Injuries , how to prevent golf injuries, and what stretches and exercises to do to play better golf and prevent injuries.

In the U.S. there are almost 30 million golfers, and every one of them a potential chiropractic patient. Because of the unilateral movement in the golf swing, virtually every golfer at some point experiences some form of injury or pain: some chronic, and others acute. Chiropractors provide treatment to a considerable number of these injuries The Chiropractor is required to know how to take a history, perform an examination, make a diagnosis, provide appropriate management strategies, and articulate his/her findings and conclusions to third party payers and attorneys. It is imperative that the managing physician be knowledgeable regarding the types of injuries that result from playing Golf and aware of the complexities involved in rehabilitating.

COURSE OBJECTIVES

COMMON GOLF INJURIES -1hr.

1. Identify common types of golf injuries
2. Discuss key Golf Injury Statistics
3. Learn golf injury prevention techniques

GOLF POSTURE- 1hr

1. Discuss why posture is important for golf
2. Describe the spinal angles used in the golf swing
3. Learn a correct spinal setup position for golf posture

HAND /GRIP INJURIES- 1hr

1. Learn about the types of golf hand injuries
2. Describe common causes for a golfing hand injury
3. Learn the correct grip technique for injury prevention

FOOT BIOMECHANICS- 1hr

1. Describe the foot interaction with the ground
2. Learn the correct foot alignment for the golf swing
3. Understanding about the weight shifts in the feet

SWING FAULTS- 1hr

1. Identify where within the swing does back pain occur
2. List the most common swing faults
3. Learn which swings are related to Low Back Pain

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GOLF WARMUP- 1hr

1. Learn the performance benefits for warming up
2. Identify common stretching myths
3. Review injury prevention stretching routine

GOLFERS WORKOUT- 1hr

1. Identify the golf specific muscles used in the golf swing
2. Describe the difference in pre-tournament & game-day workouts
3. Learn golf-specific exercises used by the PGA Tour players

GOLF NUTRITION -1hr.

1. Describe the energy requirements used for playing golf
2. Learn about the key fundamentals in healthy nutrition
3. Understanding pre-round, on-course and post-round eating

SPORTS REHAB- 2hrs

1. Learn about why rehab the extremities is important in sports
2. Describe upper body rehab protocols: Shoulder/Elbow/Hand
3. Describe upper body rehab protocols: Hip/Knee/Feet