



The Golf Fitness Experts Newsletter

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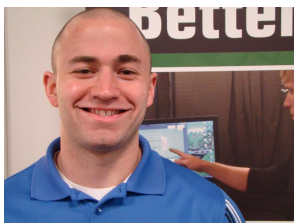
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Meet The Golf Fitness Experts



Ryan McLean



Jason Rivkin

Issue: #18

May 2013



Dear Ben,

Welcome back to the golf season! We are excited for the warmer weather to be back in the Philadelphia area. Now that the season is upon us, FitGolf Performance Centers will continue to send out a monthly newsletter to offer golf fitness tips, articles, updates, events, etc. to help you prepare and improve your game through fitness. If you have a question or comment about this month's newsletter, please do not hesitate to contact us. Enjoy the May Newsletter!

Golf is Here! Check Your Posture On and Off the Course

By: The Golf Fitness Experts

With warm weather finally upon us, it is time to enjoy the spring weather and dust off the golf swing. Some of us may start the season stiff while others may ache from becoming active again. Before we stand on the first tee box, and take that first swing, we must balance ourselves left to right, top to bottom, to be sure we are ready to come out of hibernation.

A great way to see if you are balanced is by checking your posture. How are you currently sitting in your chair? Are you leaning to one side? Is one leg lying different than the other? These details matter where posture is concerned. All the joints should share an equal load of your body at all times. That includes sitting, standing, lifting, and even sleeping.

Now, let us look at posture as it relates to golf. In the left image, you will see proper/correct posture for the golf swing. In the right image, you can see a common posture error, known as C-Posture.

Question or Comment
Contact them at

Ryan:
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Participants Still Needed for the Golf Fitness Research



We are looking for participants to help us in our National Study that focuses on Lower Back Injuries in the Swing.

[Click Here to Participate](#)

STRETCH TENT EVENTS



Hosting an Event This Year? We offer a FREE Stretch Tent Service where we will stretch your golfers out prior to teeing off. Interested? Email Ben at bcourtright@fitgolf.com



There are many errors with the right picture. First, the hips are tucked under the body, which can suggest a number of things: weak hips or restricted hamstrings just to name a few. Next, the shoulders are rounded which can again be related to strength in the shoulders as well as the ability to open the chest effectively.

These details in golf posture are important for a golfer as it sets the axis of movement in the golf swing through the spine. With the spine aligned properly, there is room in the facet joints in the thoracic spine to allow it to rotate to its maximum range of motion. Setting the spinal axis also eliminates a golfer to lose posture creating pain in the low back or poor ball striking. Distance and accuracy are sacrificed when ball contact is not clean every swing.

Before heading out onto the course, take a look at your posture both on and off the course. It is the foundation for pain free golf and longevity on the course.

This article was written by Ryan A. McLean, BS, LMT, CGFI-FP1. He is a Golf Fitness Coach at FitGolf Performance Centers located in Conshohocken, PA specializing in soft tissue modalities and corrective exercise protocols to improve quality of life and the game of golf. Ryan can be reached for any questions at rmclean@fitgolf.com.

Have questions? Contact a Golf Fitness Coach to learn more on how to improve your golf game.

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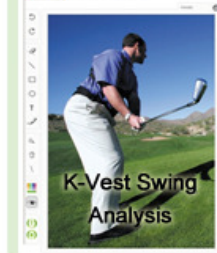
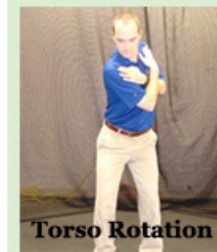
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May Special

FREE K-Vest 3D Motion Analysis



It is that time of the year. FitGolf Performance Centers is offering you a Free 3D Swing Analysis and Body Screening (\$79 value) to help find any specific areas on your body that are not ready for the season.

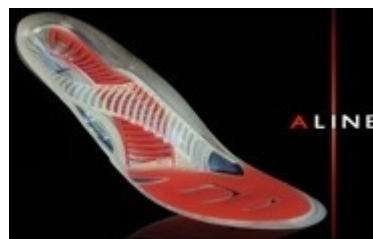
The K-Vest 3D technology will measure changes in your posture throughout your golf swing. It will also show you how you turn, load, accelerate, and stabilize your body during your swing. It can help you understand where your inconsistencies and power leaks are occurring.

We will explain how this information affects distance, accuracy, power, consistency, and pain in your swing.

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