

## Swing Like the Pros



The golf industry is cluttered with gadgets and gimmicks for increasing accuracy and driving distance. Yet, most of those claims remain unproven. In order to truly improve performance in any sport, training must be specific to the demands of the game involved.

If your goal is to hit every shot consistently while adding distance, you need to take a different approach. Not a more complicated approach. Not a more time-consuming approach. A more golf-specific approach.

At POTENTRx, we provide this golf-specific approach by studying the connection between your body and your swing mechanics through a multiple-step process across two days, which includes the following:

### Day One | Testing Session

- 1-hour musculoskeletal exam with a physical therapist to determine any limitations regarding your swing
- 1-hour 3-D motion capture analysis of the club and body actions of your swing with a biomechanist
- 1-hour testing session with an exercise physiologist to assess your golf fitness and performance potential

### Day Two | Follow-up Session

- 1-hour consultation with our biomechanist who provides a written and video summary of your golf swing with recommendations, tips, and drills for swing modifications that will help you 1) acquire consistent and efficient swing mechanics; 2) increase ball striking accuracy; and 3) improve club head speed and ball impact power.
- 1-hour consultation with our exercise physiologist who provides written and illustrated results of your musculoskeletal exam and golf fitness testing with exercise and training recommendations to help you to develop 1) posture, 2) stability, 3) balance, 4) flexibility, 5) strength, and 6) power for optimum golf performance and to reduce the risk of injury associated with poor swing mechanics and/or poor physical conditioning.

Golf-Specific Services | Available through our combine or on an individual basis

### Physiological Fitness

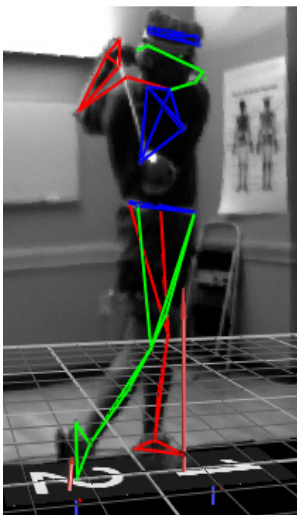
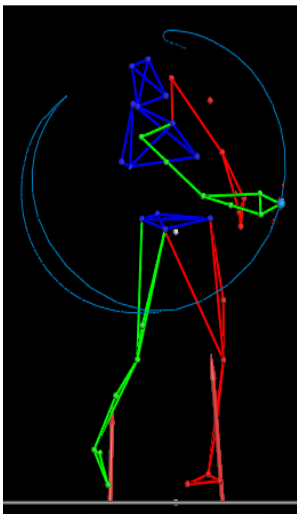
#### • AEROBIC CAPACITY

Is the maximum capacity of your body to transport and utilize oxygen during incremental training, which reflects your level of physical fitness. This is important in determining your capacity to perform sustained training and when correlated to heart rate, it can be used to develop training zones. This is an important component of fitness for golf, so that players can reduce the effect of fatigue during tournament play.

#### • BODY COMPOSITION

Provides an accurate measure of fat and lean mass, both of which are vital aspects of golf performance. To ensure accuracy and reliability, the staff calculates body composition through three different methods – girth and proportionality, a four-site skin fold measurement with calipers, and bioimpedance.

(continued)



- **HAND DYNAMOMETRY**

Is used to determine overall grip strength and muscle fatigue which is critical to overall performance for golfers.

## Biomechanical Optimization

- **3-D MOTION ANALYSIS**

A computerized six-camera system is used to analyze golf swing mechanics. By placing reflective markers on the joints, the cameras provide the computer with the data to set up a 3-D model. When combined with force, pressure, acceleration and muscle activation technologies, we can track joints and trajectories, calculate club speed, track the center of mass distribution and determine the muscle sequencing and frequency. This data gives our staff precise information to make finite but critical adjustments to reduce injury and improve performance.

- **2-D ANALYSIS**

Using a 2-D video camera and specialized editing software, our staff will film you from several different angles while you swing various clubs and review your movements, looking for abnormalities that are creating problems or are caused by a problem. Our staff then creates an illustrated and annotated video file that outlines modifications that can help you reduce pain and improve your golf swing technique.

- **MUSCULOSKELETAL EXAM**

Musculoskeletal function is concerned with bones, joints and muscles and is associated with range of motion and the flexibility of muscles allowing for freedom of movement without pain or restraint. Using observation, palpitation, and selected functional tests, a physical therapist conducts a 65-point assessment of posture, balance, reflex mechanisms, muscular strength symmetry, range of motion (flexibility) in all three planes, dynamic capacity and kinetic chain stability that result in a clear understanding of your musculoskeletal integrity.

## Performance Improvement

- **CUSTOM WEIGHT-TRAINING PROGRAM**

Instead of going to the gym and guessing at what weights to use and exercises to perform, this service provides you with direction on which exercises to focus on and what loads, reps, sets and rest periods correlate with those exercises to help you achieve your strength goals.

## Other Services Available Through Our Program

- Physical therapy
- Nutrition consultation
- Mental skills training
- Sport massage

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For more details about the services listed in this flyer, please call (206) 432-9436



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## POTENTRx Affiliates

American Council on Exercise (ACE) • Bainbridge Fire Department • Club ZUM • Cosmed • Pocock Rowing Foundation • Precor • Rainier Vista Boys & Girls Club • Seattle Fire Department • Seattle Sockeye • Seattle Thunderbirds • Seattle University Athletic Department • Skillshow • Snohomish Fire Department • Technogym USA • USA Rowing • USA Rugby • Vicon • Washington Athletic Club • Waypoint Outdoor • YMCA of Greater Seattle