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April 2008

## Getting Back on the Green!

Spring is finally here and it is time to dust off the golf clubs and start conditioning your swing. The golf swing is one of the most complicated movements in all sports. It requires stability in some joints and flexibility in others. To prevent injuries you must have proper motion, strength, and function throughout the swing.

The most common golfing injuries and pain occur in the soft tissues and the joints of the upper body. These injuries can be prevented by getting a proper warm up and stretching. Take a 10 minute walk or perform some core strength exercises (these would focus on the back, torso and shoulders) to get warmed up. Some good golf stretches are:

- Neck rolls: Slowly perform clockwise and counter clockwise neck rolls.
- Shoulder stretches: Hold the golf club in front of you with a hand at each end of the club. Raise it over your head and hold. Then hold it the same way behind your back and lift up to stretch the shoulders and hold. Finally, grab each elbow with the opposite hand and pull it across your body to stretch the outside capsule of each shoulder.
- Trunk side bends: With hands resting on your hips, bend side to side and hold.
- Trunk rotation: With arms crossed and hands resting on the opposite shoulders, rotate the shoulders and hold in each direction.
- Swing practice: Start swinging the club gently. At the driving range hit shots starting with the pitching wedge, and working up to the driver. If you can't go to the driving range, use the same warm up without hitting the balls. Start with a half swing and work up to the full swing after several minutes.

Enjoy the warmer weather and if golf is not your game, the important thing to remember with any sport is to get a good stretch and warm up before you start and stretch again after the game!

**HAPPY  
SPRING!**



### Success Stories!

*"I came in unable to bend or move because of my back pain. I was taking Ibuprofen to help with the pain. Physical therapy helped me a lot! I now can move, bend, walk, and sleep pain free. I have improved 100%! Thank you for the caring attitude and everything you did to make me pain free!" - P.O.*

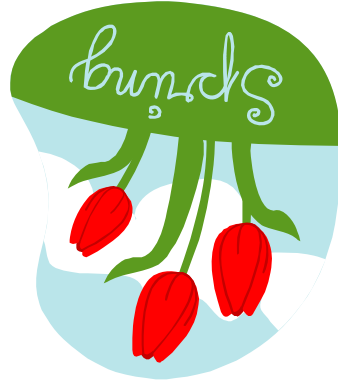
*"Right arm movement was very limited and after any flex or extension arm felt like someone had pulled it apart 1/3 the way up. Thru plan of care my arm is now with no to level 1-2 pain from a pain level of 9-10. I can move it and use it with no pain or fear of pain!" -G.R.*

### NEW WEEKLY DRAWINGS FOR GIFTCARDS!

Come to all scheduled appointments each week in April and be entered to win prizes! The gift card destinations will vary based on the age of the winner. There will only be one winner each week for adult and pediatric patients combined. Our patients success is important to us! Patients will continue to make gains by following their prescribed treatment plan. See posters in clinic for more details!

Please contact us with any ideas or information that you would like us to place in our newsletter! →

**APRIL SHOWERS  
BRING MAY  
FLOWERS!**



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