

Golf Health and Fitness

Article : **Getting Rid Of That Rounded Back**

A rounded back can do more to you than just give you a bad appearance. It can play havoc on your spine and to your golf game.

A healthy back has 5 normal curves with which stress can be distributed throughout. While with a spine that has an excessive amount of thoracic kyphosis, stress isn't displaced so evenly, usually the connective tissues above and below the problem area is affected.

It becomes difficult to achieve a good turn in the shoulders and trunk when the spine isn't in correct alignment. With a rounded spine, alignment is obviously affected , so distance, consistency and accuracy suffer.

What becomes so difficult for the golfer is trying to correct the problem, because of the time dedication and discipline that it takes.

A combination of seeing your golf pro and a physical therapist/ qualified fitness trainer is a good start.

While a physical therapist/ trainer can work on correcting your spinal alignment deficiencies the golf pro can work with your swing, as you are learning to adapt to your changing posture.

Here are two effective corrective exercises that along with corrective stretching can get you back on track.

1). **Bent over row-** Is a postural endurance exercise that challenges your skeletal system in keeping a consistent spine angle throughout each set.

2). **Prone cobra-** This is a neuromuscular coordinated exercise that focuses on sequencing movement patterns. Performing this exercise correctly, by extending your spine, rotating your arms outward, and activating muscle groups in sequence, can help restore a dysfunctional spine.

Note: Please consult a physician before attempting these exercises.

Michael K Butler B.A.; P.T.A.; CSCS  
Director OF SwingFit  
Rancho Physical Therapy ( In the Sports Club Center)  
(760) 674-0675



Bent over row



Prone Cobra

