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Article: **Teaming up to improve skill level and function**

Some golfers spend a great deal of time and money trying to improve on their golf skills. Technically they find themselves having difficulty developing or maintaining a sound swing.

Besides being mentally frustrated, physically they just are just not able to duplicate their performance on the next drive. Many don't know what to do about these problems. Many give up, others continue on, accepting that maybe their skills are deteriorating.

The solution might be to try and team up with a golf pro, and a qualified conditioning specialist.

To understand how “teaming up” will improve your golf game, first let's understand the roles that these 2 professionals play.

A golf professional works directly with your swing, by teaching and demonstrating the technical components of the swing. They might perform a video swing analysis to show problems that you might be experiencing in the different phases of the swing, and then start to work those problems out privately at the range. By breaking down the swing they hope to build muscle memory so that you can repeatedly perform the correct swing.

A conditioning specialist works with your physical well being, by addressing flexibility, stability, strength, posture and power concerns, once successfully treated, you should be able to functionally turn and sequence your movement patterns at an optimal level. A well qualified conditioning specialist is either licensed as a therapist by a state board, or

is certified by a well recognized fitness organization. The CHEK Institute in San Diego, is an example.

How can this team help improve your game? Having a meeting with the client , the golf pro and the conditioning specialist can review a previously taken video of their clients swing. The golf professional can technically explain the problems of the swing, while the conditioning specialist can point out physically why their client can't perform up to par.

Next the conditioning specialist evaluates the clients posture, flexibility, muscular strength and balance, and documents any muscle imbalances and issues that need to be addressed. A program then can be designed to correct the physical difficulties that have arisen from the evaluation. The golf pro and trainer can communicate over the next few weeks their client's progress, and then re-assess the swing and then adjust the program as needed.

So after spending so much time with your golf pro, and not being able to physically perform better because your body won't let you, adding a qualified conditioning specialist with the golf pro will add some stability to the framework of making you more successful in your attempt to becoming a better golfer.

Many of the PGA pro's now have fitness trainers that are well qualified to assist them in keeping in top shape. So why not you?

If you are serious about your game, and want to play with improved function and raise your skill level, then teaming up with these 2 professionals is a of value to you.

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