The purpose of this case study is to discuss and establish evidence to support and further the field of golf fitness and physical therapy. The ultimate goal for a golfer is to achieve proper, speed, accuracy and consistency by bringing a large number of segments into action in the correct sequence. Physical limitations in the areas of mobility, flexibility, stability and strength can limit the ability of the golfer to execute a biomechanically efficient golf swing. Most of the game’s best athletes are currently re-defining golf to include not only golf professionals, but health professionals as well. Case patient is a 62 year old male who has been playing golf for 20 years. Prior to initiating programming, the patient’s chief complaint was bilateral hip pain and muscular restriction feeling when performing physical activity. The patient experienced intermittent pain in bilateral hips which was exacerbated with axial loading and during rotational movements while standing. A 20 week periodized program designed to fulfill all aspects of a golf specific strength and conditioning program was used. Flexibility and strength were highlighted in this program. Lower body stability was accomplished through hip balance and strengthening exercises coupled with tissue extensibility techniques. By week 10, the patient was able to complete a full round of golf with minimal to no pain in bilateral hips.

Case Description

- **Age**: 62
- **Sex**: Male
- **Handicap**: 15
- **Height**: 5'11 1/2
- **Weight**: 175
- **DOB**: 1/03/1950
- **Years Playing Golf**: 20
- **Right or Left Handed**: R
- **Plays Golf**: R

Patient describes his pain as being day-to-day with intensity. On average pain can range from 4-6/10 upon waking up being the worst. Functional mobility has decreased secondary to pain and muscular restrictions. Patient does exercise 3-5x/week; however, programming is not written nor does it address functional limitations and biomechanical inefficiencies related to his current physical status. Mr. Smith’s goal is to decrease pain to 2/10 by 6 weeks and be able to complete a round of golf with minimal to no pain in 12 weeks.

**Intervention**

This 20 week program was designed to fulfill all necessary aspects of golf specific strength and conditioning. Flexibility and strengthening were highlighted in this periodized program. Lower body stability will be accomplished through hip balance and strengthening exercises coupled with tissue extensibility techniques. Also, trunk flexion is a focus point because of the obvious relationship with the swing itself. By using the rotational strengthening component, our goal is to establish motor learning.

**Summary and Conclusions**

The golf swing is a very complex series of movements that involves the movement of the upper body around a stable pelvic base. The ultimate goal for a golfer is to achieve proper speed, accuracy and consistency by bringing a large number of segments into action in the correct sequence. Power is dependent on two things, mobility and strength. This is what the basis of a golf specific training program should be focused around for performance benefits and injury prevention. Performance integration into the game of golf requires the health professional to evaluate the results of a detailed examination in order to provide the necessary strengthening, flexibility and various other treatments approaches to their athlete. Prior to initiating the program, Mr. Smith’s goal was to decrease pain to 2-3/10 by 6 weeks and be able to complete a round of golf with minimal to no pain in 12 weeks. By week 10 Mr. Smith was able to complete a full round of golf with minimal to no pain in bilateral hips. Mr. Smith no longer reports pain during golf swing and reports increased ability to produce consistent power throughout all 18 holes.

**References**