

HealthLine

Vol.16.04

GET MORE BIRDIES THAN PAIN



Golf season is upon us! One of the biggest misconceptions about golf is that it's leisurely and doesn't require you to be physically fit...this couldn't be further from the truth. A golf swing is complex and one of the hardest movements to replicate consistently. We invest so much time and money to lower our score and we end up overlooking the most important piece of equipment: our bodies. Several factors should be taken into consideration in preparation for the season, the most important thing you can do is participate in a round of physical therapy.

Many golfers experience back, shoulder, knee, hip, and and/or elbow pain. The good news is **HealthQuest** follows a three-phase process to maximize daily function and addresses your key limitations, which in-turn will improve

your game. There may be a reason you cannot drive the ball 300 yards and it could have nothing to do with talent or skill. The golf swing, like many daily movements, is dynamic – requiring a large amount of control, flexibility, and range of motion. Unfortunately, most of us have tightness in one or more of these areas, especially our hips, due to sitting, which limits our ability despite the custom fit club or straight flight ball you purchased. So instead of spending hours at the driving range, come to one of our convenient locations.

WE CAN HELP

We provide a movement assessment once your primary condition is under control. This assessment will establish an individualized plan, as well as identify specific areas or imbalances that might be the cause of pain or dysfunction. We help you achieve proper biomechanics and body movements while avoiding injury, eliminating pain, and improving consistency. By increasing your flexibility, strength, and endurance you will hit the ball consistently further, while avoiding pain and injuries that can prevent you from playing in comfort or even at all.

EXPERIENCE THE DIFFERENCE

At **HealthQuest**, we customize a program to meet your needs and enhance your performance in life and on the course. Pay attention to the “red

flags” your body is exhibiting. Physical therapy can help you do what you love, more efficiently. Give us a call today and we'll get a plan to keep you on the course.

DID YOU KNOW?

FORE! STUDIES HAVE SHOWN THAT LOWER BACK PAIN (LBP) FROM GOLFING ACCOUNTS FOR 18% TO 54% OF ALL DOCUMENTED AILMENTS, LEADING MANY RESEARCHERS TO REGARD THE CONDITION AS THE MOST COMMON GOLF INJURY. LBP IS ONE OF THE MOST PREVENTABLE CONDITIONS WITH THE HELP OF PT!

*Lindsay, D. & Vandervoort, A. (2014).
Golf-Related Low Back Pain: A Review of
Causative Factors and Prevention Strategies.
Asian Journal of Sports Medicine, 5(4).*

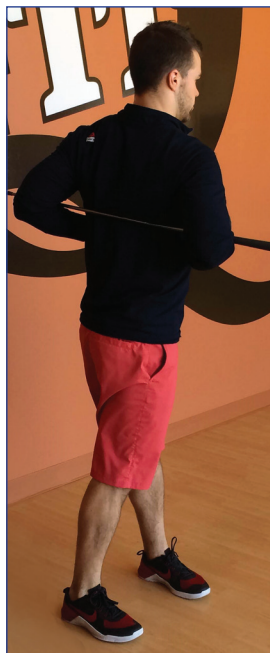
AT **HealthQuest**
WE MOTIVATE, EDUCATE AND
REHABILITATE, ON OUR
QUEST TO HELP PEOPLE
LIVE LIFE WELL!
CALL TODAY TO SCHEDULE
YOUR FREE CONSULTATION OR
MOVEMENT SCREEN.
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HealthQuest
PHYSICAL THERAPY AND MEDICAL FITNESS

*If you watch a game, it's fun.
If you play at it, it's recreation. If you
work at it, it's golf.” – Bob Hope*

EXERCISE ESSENTIALS | EASY EXERCISES

Always consult your physical therapist or physician before starting an exercise regimen.



Trunk Rotation



Lat Stretch

Trunk Rotation

- Sitting or standing, hook your arms around the club (or stick) lengthwise across your back.
- Rotate your trunk and head to the left and hold for 30 seconds.
- Repeat other side

*Don't swing or bounce into this stretch as that will put strain on the joints and ligaments in your spine.

Lat Stretch

- Place a club approximately 3 feet in front of you.
- Place both hands on top of the club, one on top the other.
- Step back with one foot. Keeping your chest up and chin tucked, take a deep breath, exhale and slowly let your back sag towards the floor.
- Hold for 30 seconds, repeat daily.

HOMETOWN TRIVIA...

How many golf courses are there in Michigan?

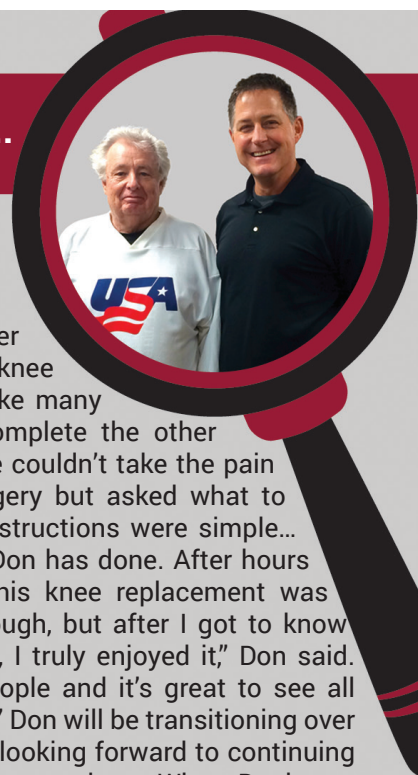
Visit www.HQPT.com and click on the HomeTown Trivia button on the left hand side of our homepage. If you answer correctly, you will be entered in a drawing to win a \$100 Gas Card! (Contest closes on May 31, 2016.)

Last Month Q/A:

Q: How many miles long is the Mackinac bridge?

A: 5 Miles long

PATIENT SPOTLIGHT...



After a 47-year hockey career (25 played and 22 coached) and GM career, Don Ellenbrook is no stranger to pain/injury. His first knee replacement went horribly. Like many people, he didn't want to complete the other side so he put it off. When he couldn't take the pain any more, he scheduled surgery but asked what to do differently. His doctor's instructions were simple... "Work!" and that's just what Don has done. After hours of "work" (fitness and PT), his knee replacement was successful! "At first it was tough, but after I got to know everyone (staff and patients), I truly enjoyed it," Don said. "They are such wonderful people and it's great to see all ages get better alongside me!" Don will be transitioning over to the fitness side soon. He's looking forward to continuing the friendships and great conversations. When Don's not "working" at the Oxford clinic, he enjoys spending time with his daughter and building 12-foot wooden sailboats and of course, cheering on the Red Wings!

Pictured above is Don (left) sporting his USA hockey Jersey alongside Dan (right)

ASK THE THERAPIST...



I WORK OUT ON MY OWN AND I AM IN PRETTY GOOD SHAPE. IS THIS ENOUGH TO IMPROVE MY GOLF GAME?

It sounds like you're off to a good start. Being in good shape can definitely help your golf game, especially if you're doing golf-specific stretching and strengthening. If you're only doing "general" exercises or fitness activities, you might not be reaching your fullest potential. A golf-specific fitness regime should be individualized and include a variety of exercises and stretches that address things such as flexibility, strength, balance, and core stability.



CAN ANY HQPT LOCATION HELP ME WITH MY GOLF GAME OR DO I HAVE TO GO TO SOMEONE SPECIFIC?

Yes, any location can help you! Call the HealthQuest facility nearest you and ask to be scheduled for a FREE SFMA (Selective Functional Movement Assessment) Consultation. This assessment will highlight where your body might be out of balance during your swing. Once this is determined, you can set up visits to learn and perform corrective exercises to improve your strength and flexibility, as well as prevent further injury.

SHARE THE GIFT OF GOOD HEALTH!

*Mention us to family & friends.
For every new patient you refer,
we'll send you a \$25 gift card...
our way of saying THANKS!*



This month's 'Ask the Therapist' is brought to you by Dan Garr, director of our Oxford location. Dan started his PT career in 1996, working alongside HealthQuest founders, Bill Knight and Stuart Siegner. Dan opened a HealthQuest location in 2005.

After 10 years in downtown Oxford, he moved a mile south into a state-of-the-art, 6,000 square foot building (March 2015). In the new building he's able to help the community with not only PT but also post therapy fitness programs, fitness classes, group training, and personal training. Dan enjoys sports, playing golf, being involved in church, and grilling for his family in the summer.

When Dan is not treating patients, golfing at Boulder Pointe, or attending Oxford Wildcat games, you'll find him with his family. Dan and his wife, Lisa, have 2 children, one at Central Michigan University and the other in high school. Next on Dan's agenda is to open a satellite location in Oxford's Legacy Center in the Spring of 2016. He is very excited because the Legacy Center is a great community concept and we are honored to be a part of it!

HealthQuest

PHYSICAL THERAPY AND MEDICAL FITNESS
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**IS YOUR SWING LIMITED BY PAIN?
SEE INSIDE, WE CAN HELP!**

OUR QUEST TO GIVE BACK

Last month we raised almost \$10,000 for the St. Baldrick's Foundation. St. Baldrick's is a national foundation for childhood cancer research. The largest St. Baldrick's event occurred in Romeo, steps away from our Romeo location. Many volunteered and some shaved their heads (pictured). The following weekend we completed fundraising with an event at our Macomb facility. This month, in conjunction with the Let's Move Festival (April 28-30), we will be collecting gently used shoes to donate locally. Giving back is important to us!



CALL US TOLL FREE TODAY TO SCHEDULE YOUR FREE FITNESS ASSESSMENT!

1-855-HQPT-4-ME

12 LOCATIONS TO SERVE YOU

Chesterfield
(586) 713-5590

Clarkston
(248) 922-9001

Clawson
(248) 435-8230

Clinton Township
(586) 783-7590

Lake Orion
(248) 393-7707

Macomb Township
(586) 231-0043

New Baltimore
(586) 436-3900

Oxford
(248) 236-0035

Rochester Hills
(248) 650-4404

Romeo
(586) 336-4022

Shelby Township
(586) 532-9602

West Bloomfield
(248) 788-6100

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