



Secret to Increasing Your Driving Distance = Mobility and Stability

So have you finally realized the importance of flexibility and stability to the game of golf? How many times has your teaching pro told you that your swing is being limited by your inflexibility? Is that inflexibility and instability affecting your life and daily activities as well as your game? Most importantly, is it creating pain or decreased your drive distance?

Pain + golf = inconsistency, higher scores, and loss of yardage off the tee!

So what are you doing about it?

I think the biggest question I get from my clientele is, "How can I drive the ball farther?"

My answer is always, "mobility and stability of the areas that should be mobile and stable." I've said that to my 25-handicappers to my PGA Tour winners, because most everyone I've worked with have various degrees of immobility and instability throughout their body.

It is proven that these two primary issues cause the most swing faults, the most pain and contribute the most to decreasing drive distance off the tee!

One of the easiest ways to think about how the body works is, the body works in a mobility and stability stacking system that looks like this.

Normal

Pattern:

Foot-

Stable

Ankle- **Mobile**

Knee- **Stable**

Hip- **Mobile**

Pelvis/ Sacrum/ Lumbar Spine- **Stable**

Thoracic Spine- **Mobile**

Scapulo-Thoracic- **Stable**

Gleno-Humeral/ Shoulder- **Mobile**

Elbow- **Stable**

Wrist- **Mobile**

Cervical Spine- C1/C2- **Mobile**

C3-C7- **Stable**

So if you mobilize those areas that need to be mobile (green) and stabilize those areas that need to be stable (red), then your body will be able to move well which will lead to longer drive distances!



For now, let's focus a few of the most important parts of this system, the hips, the core, and the thoracic spine.

As a professional who has worked on hundreds of clients over the last ten years utilizing hands on therapy like, trigger point massage and Muscle Activation Techniques, I can tell you that muscle and fascia adhesion has created "havoc" in my clients' bodies! A majority of clients who come struggle with mobility and flexibility issues that are dramatically preventing growth in their golf game!

Many times, after one hour of a good soft tissue therapy or corrective exercise session, many clients feel as if they can move better than they have in years!

This is why this information will be so valuable for you. It's for you who feel as if your golf game just is not progressing like you expect to based off the amount of work you put into it.

The recommendations I'll be making for you are designed to spend a few minutes a day "treating yourself." When you do this daily, it can make a big difference on your drive distance and overall golf game including your scoring!

Now, It is very important to consider that when we move, there is a complex mix of neurological and neuromuscular activity working together in synergy to create the complex patterns that we call human movement.

We all know that human movement involves muscular contractions and relaxation. In order to have optimal muscle contraction, there needs to be "freedom" in the muscle fibers and the fascia that incases each muscle. The trouble comes when there is a "trigger point" (TP) or an "adhesion," that prevents the muscle from contracting and relaxing and/or sliding on top of each other.

A common example of a trigger point would be the one that you get in that mid trap area of the neck between the neck and the shoulder. You usually get that one from stress, poor posture and repetitive stress like the seated work place.

An example of adhesion of the fascia is "Carpal Tunnel" syndrome. This is where the fascia, which looks like the casing of a sausage, gets stuck to fascia of other muscles that surround it. Another food example is like when spaghetti gets stuck together at the bottom of the pan. It's all clumped together, and each individual "piece of spaghetti" cannot be independent of each other because they are stuck together.



Both trigger points and adhesions can lead to pain, decreased joint range of motion, decreased circulation and a diminished ability to properly "re-educate" good movement. It is for these reasons that it is vitally important that the golfer perform the recommended stretches and exercises, daily.

And, guess what happens when you do? Yes, your driving distance and consistency will both improve!

Okay, now that you have a bit of understanding to the importance of mobility, let's look quickly at stability (take a peak at the "mobile/stable" model on the first page).

The most important area of the body to be stable is the "core." This is the region of the pelvis and sacrum, to the lower thoracic spine (mid back) and glutes. The core is crucial because it is where the body's center of gravity is found. If there is instability of the core, it will open up the spine, sacrum and hips to injury, compensation, and inefficient movement.

The core's job is to stabilize the sacrum, pelvis, hips, torso and lumbar spine. Unlike what many people think, the spine does not create rotation per se'. In fact, I encourage you to think of the core as an "anti-rotator," and movement generator.

Did you know that in the golf swing, the spine is only responsible for approximately six degrees of rotation while the hips and thoracic spine together create 65 degrees of rotation?

Knowing this, you want to think of the core as the place where the lower body and upper body are separating and that's where we get all of our power, stability and balance. If your core is weak, then all of these important characteristics of the swing are in jeopardy and you will never be able to play the golf you desire, and especially never get the distance you want off the tee!

Alright, now that you have a better understand of mobility and stability, let's look at some solutions you can do at home that will begin to change your game from the inside out!



HERE ARE THE RULES... BE SURE TO FOLLOW THEM!

1. If you don't have it already, get an ok from your doctor to participate in an exercise program.
2. Be gentle with your stretches!
3. *Do the stretches every day.* Ideal is before your workout (before you play or practice) and before you go to bed.
4. *Do the exercises every other day.* If you add them to a workout you are already doing, do them first.
5. NEVER work through pain! If something hurts.STOP!
6. Please follow recommended workout plans just below each exercise name listed. If you are a beginner, follow the beginner plan!
7. Pay attention to your body changes. Things are going to change and you should expect them to, just be aware!
8. If you have questions, please call or email me (see last page for details).
9. **ON YOUR STRETCHES- MAKE SURE TO DO THE TIGHTER SIDE THREE TIMES MORE THAN THE LOOSER SIDE TILL THEY FEEL EQUAL!**
(ex: Right-12 times/ Left- 4 times)

MOBILITY SELF THERAPY

(Tools needed- foam roller, tennis or lacrosse ball)

1. Hips (mobile)

- a) **Foam Roller**- Goal- Glute Max, Glute Medius/Minimus, Iliotibial Band (IT band)
- Lay on top of foam roller on the floor
 - Lay such that your hips sit at a 45 degree angle and your bottom leg is softly bent with the foot flat on the floor while the top leg is bent at a 90 degree angle.
 - Both hands should be on the floor behind you
 - Now slowly begin to roll up and down on the roller so as to "roll out" the "**Glute Maximus**" (1) and the trigger points you find in them. The Glute Maximus is a powerful hip extender and stabilizer of the sacrum and pelvis.
 - Roll through all spots in the glute max area then rollover onto one side so that the bottom leg is straight and the top leg is bend and foot flat on the floor in front of the down leg
 - Your elbow and forearm should be on the floor
 - Now move up and down on the roller using the forearm and the top leg to move the bottom/ relaxed leg, this is working the "**Glute Medius and Minimus**" (2) that are responsible for lateral hip stability.
 - You can move up and down and side to side to "seek and destroy" all trigger points and adhered tissue.
 - Now you want to work all the way down to the knee doing the same thing. This area is known as the **Iliotibial Band (IT Band)** (3), and stabilizes the knee.\
 - Now do the other leg!

(2)



(2)





b) Tennis/LAX Ball-

- All you're essentially doing is placing the ball through all of your glute area and looking for any uncomfortable "trigger points." So if just put the ball against the wall and lean on it, then move up and down and back and forth, you'll find plenty to work on. Otherwise I have listed a bit more info below.
- Start position is to place the Tennis ball up against the wall and you against the ball
- Start at glute max at the bottom of the sacrum (tailbone) and work up and down and side-to-side to find the spots that are uncomfortable.
- Now go into the glute medius and minimus-which is higher up the sacrum and around the top of the hip bone (ilium).

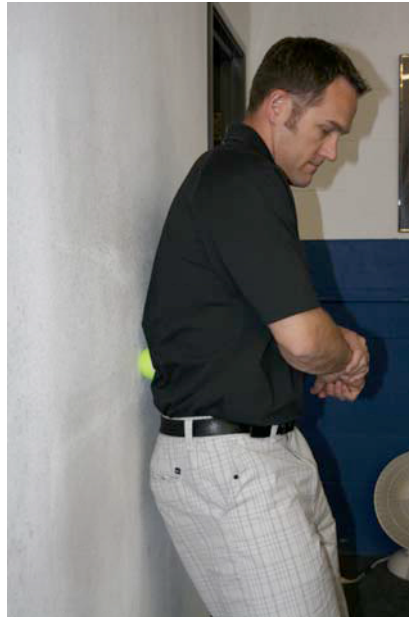




2) Lower Back (stable)

a) Tennis/LAX Ball-

- All you're essentially doing is placing the ball through all of your low-back area looking for any uncomfortable "trigger points." So if just put the ball against the wall and lean on it, then move up and down and back and forth, you'll find plenty to work on.
- Start at side of hip and work down toward sacrum (base of spine) then work ball up along side of spine to the bottom of the rib cage and laterally along bottom of rib cage



3) Thoracic spine (mobile)

a) **Foam Roll-** (BE CAREFUL WHEN DOING THIS, DO NOT FORCE!)

Set 1- Do all vertebrae from bottom of shoulder blades/rib cage to top of shoulder blades- **NOT IN THE LOWER BACK!!**



Notes;

-Grab behind neck and squeeze head, inhale and slowly exhale with pursed lips as you extend over the roller, continue to exhale and hold at bottom for 3 seconds.

-Do each vertebra at 3 reps of 3-second holds till you don't feel a stretch anymore at the top of the shoulder blades

b) **Tennis Ball-**

- All you're essentially doing is placing the ball through all of your upper mid back area and looking for any uncomfortable "trigger points." So if just put the ball against the wall and lean on it, then move up and down and back and forth, you'll find plenty to work on.
- Standing against wall- start high working low through the entire trap and rhomboid (the place between your shoulder blades up to the base of your neck), searching for those uncomfortable spots.





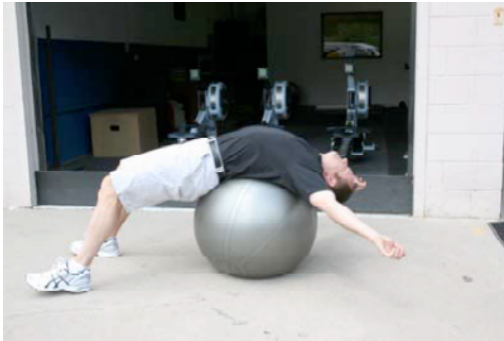
STRETCHES FOR MOBILITY

Please do these stretches in order for maximum effect!

1. Exercise Ball Layovers-

- Sit on ball and slowly walk your self out on the ball so that you end up lying over the ball into spinal extension (WARNING! IF YOU GET DIZZY BY DOING THIS, STOP IMMEDIATELY!)
- By now you should be laying completely over the ball so that you are looking behind you at the floor or the ceiling (1).
- Relax here in this position for as long as you feel you need to!
- Then carefully roll over onto one of your sides so you can stretch the side of your body (2).
- The top leg and top arm are going to be fully stretched out. The bottom hand will grab and pull down on the top hand. This will increase the stretch through the Latissimus Dorsi (Lat) and the low back.
- Another trick is to keep your hips still in this position and the rotate forward to stretch more to the low back, and rotate backward to stretch more of the oblique
- Now roll to other side and repeat!

1)



2)





2. Exercise Ball Chest Stretch-

- Place arm on top of ball with elbow at 90 degree angle
- Make sure that your hips and knees are also at a 90 degree angle
- Keep ball close to the armpit without actually allowing the ball to touch the chest
- With control and relaxation, lower your upper body toward the floor using the opposite arm as the "movement monitor"
- By now you should feel a nice stretch in the same side chest
- Hold the stretch you just created for five seconds, then inhale, hold your breath and push your arm and forearm into the ball. hold for five seconds
- Then exhale and allow your body to sink closer to the floor, which will be closer than when you started!
- Repeat this relax/contract sequence three to five times, and switch sides





EXERCISES FOR STABILITY

Do these with precision!

1. Exercise Ball Hip Extensions Back on Ball-

BEGINNERS- 2 SETS/ 10 REPS

INTERMEDIATE- 2-3 SETS- 15 REPS

ADVANCED- 3 SETS/ 15 REPS

222 TEMPO (two seconds up, two seconds hold, two seconds down)

- Lay on the ball so that your face is parallel to the ceiling
- Knees at 90o and in the space of the hips.
- Keep belly button down toward spine, and shins vertical and keep both held the entire time!
- Lower your but toward the floor keeping your shins vertical the entire time.
- Lift back up and go as high as you can and squeeze your glutes at the top.





2. Squat-

BEGINNERS- 2 SETS/ 10 REPS

INTERMEDIATE- 2-3 SETS- 15 REPS

ADVANCED- 3 SETS/ 15 REPS

222 TEMPO (two seconds up, two seconds hold, two seconds down)

- Chest up
- Neutral spine (stick butt out a tiny bit)
- Draw belly button to spine without changing spine- HOLD
- 60% of your weight in your feet should be in your heels
- Begin squat movement by lowering butt like you were going to sit on a chair
- Be sure that your knees are over your toes, chest is up, and you are balanced



3. Prone Cobra-

BEGINNERS- Hold in up position for 20-30 seconds and rest for 10 seconds- repeat for a total of nine reps

INTERMEDIATE- Hold in up position for 45 seconds and rest for 15 seconds- repeat for a total of 4 reps

ADVANCED- Hold in up position for 90 seconds and rest for 15 seconds- repeat for a total of two reps

- Lay prone on the floor
- Head should be neutral, just like you were standing
- Place arms at 45o to body with palms down
- Arch upper body off floor and roll arms/ hands so they are facing toward your head-to do this- SQUEEZE YOUR SHOULDER BLADES DOWN AND TOGETHER, think of this move is what is making your arms create this move
- This is your position you want to hold



GOOD JOB!

Try these self-therapy mobility moves, mobility stretches and stability exercises to increase your body's overall ability to learn, play better AND HIT THE BALL FARTHER OFF THE TEE!



If you have any questions or want to get started on a personalized program to radically change your body, athleticism and game, contact us at the information below.

Contact is 303-883-0435, deetidwell@gmail.com,
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BIO-

High performance exercise kinesiologist to professional, amateur, and youth athletes in a variety of sports. Dee Tidwell received his Bachelor of Arts in Exercise Physiology from California State University at Chico in 1993. He is a Level Two CHEK practitioner, a certified Nutrition and Lifestyle Coach, and a Muscle Activation Techniques Certified Specialist.

He brings invaluable knowledge of neural motor programming, rehabilitation, high performance nutrition, as well as functional and sports specific conditioning programs.

Since 1999, Dee has been working with specialty athletes from all areas of sports including: PGA Tour playing pros, Olympic level professional snowboarders, professional motocross racers, professional skiers, and collegiate golfers and baseball players.

It is also this experience that has led to his success as a PGA tour conditioning coach for his players. As a Level Three (TPI) Titleist Performance Institute Certified Instructor in every TPI certification, and a Certified Golf Bio-mechanic, Dee brings extensive knowledge and expertise for the scratch golfer to the PGA tour pro, which quickly translates into permanent change and success for any golfing client. He has successfully coached Arron Oberholser and Joe Durant to 2006 wins!