



SERC *Physical and Hand Therapy*

Returning Patients to the Speed of Life

Centralized Scheduling 913.384.1642 or 816.554.9559
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SCOPE OF SERVICES

- Physical Therapy
- Hand Therapy
- Sports Injury Treatments
- Work Injuries, including FCEs and work conditioning
- Diagnoses treated include:
 - spinal disorders
 - pre/post-op surgical disorders
 - repetitive stress disorders
 - hand and upper extremity injuries and disorders

CLINICS

- Belton/Raymore
- Blue Ridge Tower
- Clinton
- Harrisonville
- KC North
- Kearney
- Lansing
- Lee's Summit
- Liberty
- Metro North
- Odessa
- Olathe
- Overland Park
- South Raytown
- Shawnee

IN THE CLINIC | Golf Fitness

Golf fitness has continued to gain credence over the past few years as an integral part of every golfer's game. It's no surprise that most touring professionals have a personal physical therapist working with them. Golf fitness is about improving your body so you can play golf better, safer, and longer.

One of the most important ways to play safer golf is to prevent injuries. The low back is the most prevalent golf injury seen in both amateurs and touring professionals, followed by injuries to the wrist, shoulder, and elbow. There are many factors that can contribute to golf injuries, including:

- » inadequate hip internal rotation
- » inadequate upper back (thoracic) rotation
- » poor posture in the address position
- » poor abdominal strength
- » poor flexibility

One of the most effective ways to prevent injury is to condition. Although the typical golf swing occurs in less than 2 seconds, the physical demands and repetitive nature of the swing cause stress to the body over time. To prevent injury and general wearing down of the body, it is important to perform golf-specific stretching and strengthening exercises.

Working with a physical therapist can help a golfer improve his or her flexibility and strength, as well as educating him or her on conditioning exercises related to the golf swing, all of which can improve a golfer's performance on the golf course. In addition, a golf fitness specialist at SERC can address the importance of a proper address posture, what physical abilities are needed to achieve the proper coil in the backswing and how to properly warm-up before playing. Remember, don't play golf to get in shape, get in shape to play golf!



SERC is sponsoring the **LIVESTRONG** Tour de BBQ cycling event in the Kansas City Power & Light District Saturday, October 2nd

Check us out on the Sponsors page at www.tourdebbq.com!

For more information about the **LIVESTRONG** organization, visit www.livestrong.org