

Golf Fitness Session - Wednesday 8th June 2011, 17.00 @ Adastral Park

The afternoon's presenter, Paul Berry, introduced himself as a local Physiotherapist and keen (Woodbridge member) golfer, and had run Fitness for Golf sessions, in conjunction with Simon Jay at Seckford Golf Club. His opening slide outlined the agenda:

- ❖ The physical benefits of playing golf
- ❖ Do we really need to be fit to play golf?
- ❖ The most common types of golfing injuries
- ❖ Reducing the likelihood of these injuries occurring
- ❖ What to do if an injury occurs
- ❖ Nutrition and golf

The first item provided excellent evidence for why we should play more golf – a compelling argument for convincing your spouse!

There was general agreement that being fit was a key requirement to playing well, and Paul discussed 3 aspects of fitness: Strength; Stamina; and Flexibility.

Detailed discussions were held on common injuries, particularly those affecting the back. At this stage several participants came forward with their medical conditions and received some free support and opinions from Paul!

Paul then set up a stretching “test” for all of us, in order to set up a baseline. He then demonstrated a number of stretching exercises, which we all then carried out. When we repeated the stretching tests the universal improvement in our stretch results graphically showed the importance of warm-up type stretching.

Paul distinguished between some exercises suitable for a 5 minute warm-up prior to a round, and those that could form a useful part of a daily regime. He stressed that such exercises were likely to improve your golfing performance – but also significantly reduce the likelihood of getting injured. He gave good advice on what to do immediately after an injury.

Nutrition for golf was covered, and he stated that a 3% drop in body weight will significantly reduce performance. So dehydration should be avoided. Advice on suitable foods before, during and after a round was given.

Finally Paul gave a demonstration of Foam Roller exercises, and a number of the attendees tried this out for themselves. He then handed out copies of the slides, which included all the exercises.

Paul holds Thursday evening private Physio sessions, in Ipswich. He offered these at a reduced fee of £25 for BTRGS members. Contact him on 07979 206619 if you need his services.

Richard closed the session by thanking Paul for an excellent professional and informative session.

(Finance details to follow)

Attendees:

Chris Amor

Steve Boswell

Robert Glassford

Richard Wyndham

Andre Roden (Guest)

Jonathan Brown

Jon Hopkins