



BENEFITS OF PILATES FOR GOLFERS AND GOLF PARTICIPATION

Presentation by Linda Segerstam
PGAe Costa Navarino 2018



WHAT HAVE THESE MEN
GOT IN COMMON?

They all do Pilates!

WHAT IS PILATES

Pilates is a full body exercise routine that works all muscles, is easy on the joints and improves your posture by working the deep postural muscles.

The end result is a flexible, symmetrically muscled body that is strengthened from the inside out.

GOLF SWING MOVEMENT

- spinal rotation
- spinal extension
- spinal flexion
- unilateral hip extension
- bilateral shoulder flexion
- unilateral shoulder adduction
- unilateral shoulder abduction



PILATES WILL HELP YOU TO...

- Improve your posture and body shape
- Strengthen your core muscles
- Build up your back muscles evenly
- Increase your mobility, flexibility and balance
- Enhance concentration through focused breathing
- Relieve unwanted stress and tension
- Improve your quality of life!

PILATES FOR GOLF..

- Teaches awareness of poor movement patterns
- Helps change these habits and focuses on correct techniques to regain posture and strength
- Improves posture for better rotation and back stability
- Increases body awareness to adapt quicker to instruction by PGA professional



INJURIES IN GOLF

- Volume of repetitive practice, most frequent cause of injury in amateur and professional golfer
- Faulty swing biomechanics are a frequent and perhaps leading cause for injuries for amateurs, lower back being most common followed by elbow, wrist, hand and shoulder
- Adequate warm up and physical conditioning reduces risk of injury.



IF YOU DON'T USE IT YOU LOOSE IT
WORK YOUR BACK EXTENSOR MUSCLES

“The Body Control Pilates for Golfers programme is really effective for improving performance and reducing the risk of injury.

It helps to promote quality, range and control of movement and to enhance the golf swing.”

– Dr. Andrew Murray
Sports and Exercise Medicine Doctor
European Tour and Challenge Tour Golf

PILATES AT THE GOLF CLUB

- Can increase social interaction & make use of empty spaces
- Can allow academy & existing members to share an experience to make the journey to full member easier
- Keeps all ages of members healthy and potentially playing more golf, even lowering handicaps!



[Link to article](#)

Pilates warm up for Lady Golfer Magazine Royal Mid Surrey Golf Club, UK



The Intelligent Core team is passionate about making golfers healthier & stronger, and guiding golf clubs on how to add fitness services to increase revenue



Linda working with Ladies European Tour player Lucy Goddard, click image for link to video

LINDA SEGERSTAM

- Founder 'The Intelligent Core' Pilates movement training for golf
- Brand ambassador, PGA level 1 golf coach, writer and speaker
- Worked with major sports and corporate brands for 20 years
- Developed the 'Pilates for Golfers' teaching programme with Body Control Pilates, the largest Pilates teaching organisation in Europe



The Intelligent Core

The game | *golf*

PLANKS WITH PRESS UPS (UPPER BODY)

Targets: Planks develop core stability and upper body strength.

Do: Planks are great exercises to practice every day to increase blood flow to legs and arms and wake up your core. Start by doing the plank for five to 10 seconds at a time. Then add three small press ups during the five to 10 seconds. Press further down once your shoulders and arms get stronger.

Technique

Step 1 - Start on all fours with your knees directly under your hips and wrists under shoulders. Keep your spine in line from head to tail with your lower back almost flat. Breathe out to lengthen the legs and simultaneously engage your tummy muscles keeping shoulders away from ears and head in line with spine.

Step 2 - Breathe in to bend your elbows slightly and breathe out to push back up. For a variation, start on your knees with your feet up or down.

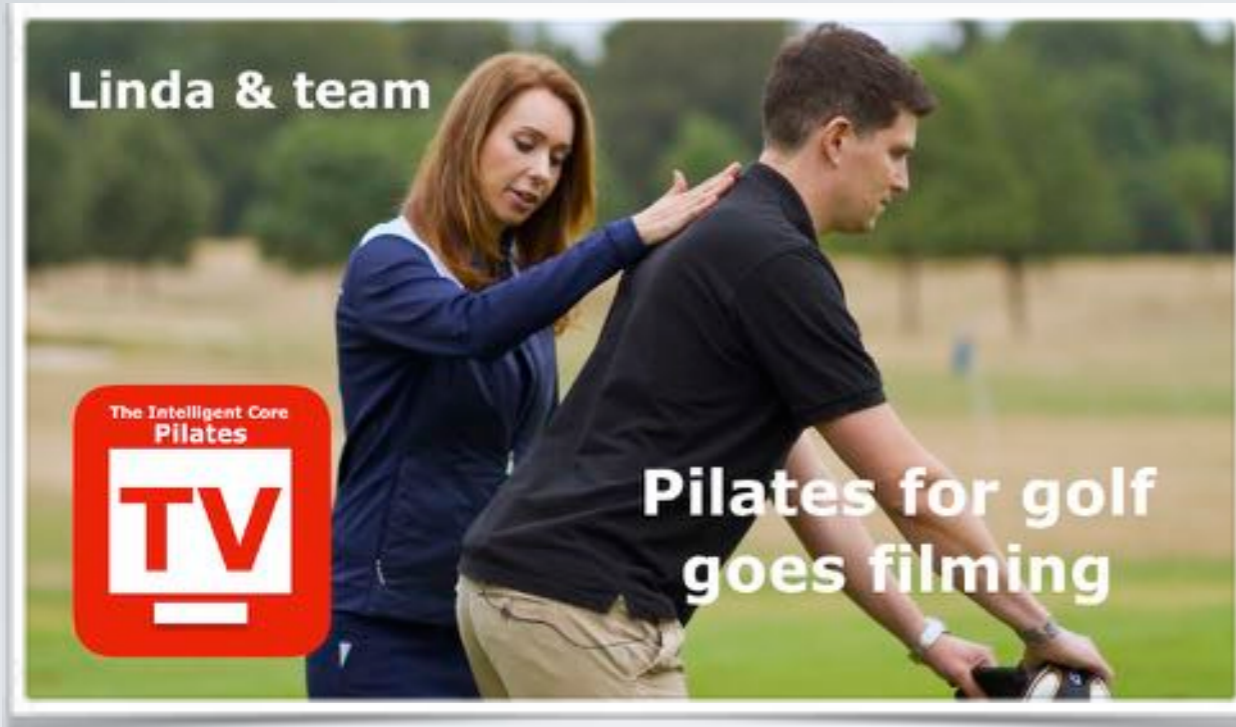
Move
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FILM PROJECT FOR YOUTUBE CHANNEL LINDA SEGERSTAM



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