

Swing in to Summer

ADVERTISING FEATURE



Don't let injury spoil your enjoyment of the game

GOLF is a unique sport that can result in specific injuries.

Due to the one-sided nature of the sport, golfers may be restricted in playing due to back, neck, shoulder, elbow or wrist pain.

Such injuries do more than just cause pain – they affect our performance and enjoyment.

Effective management of golf injuries requires an understanding of how the golf swing creates stress on the body.

Analysis of your body movement to highlight problem areas and then introducing specific exercises to improve these areas can not only prevent such injuries occurring, but can improve your swing and therefore the quality and satisfaction of your game.

At 3 Way Health Care, three of our experienced physiotherapists, Jacky Davey, Christopher Keevil and Elizabeth Walker, have developed a system of video analysis and assessment, to enable you to fully understand your body movement and function and carry out a tailor-made exercise programme designed specifically for you.

The assessment consists of a video of your movement patterns and golf swing, computer analysis of the video, identification of problem areas such as stiffness, weakness or hyper mobility, and a selection of specific exercises related to these problems.

The assessment and exercises are then copied to a disc for you to keep and play through your home computer.

The assessment takes two 30-minute sessions, one to do the video and a second



Keep on top of swings: It's not just top pros who can benefit from effective management of golf injuries.

a week or so later to run through our findings and teach you the exercises.

Sessions can be at either our Woodley or Tilehurst clinics, and, at £115, cost less a good club and should be far more effective at saving you strokes!

In addition, we can work with your club pro to enable them to coach you to avoid problem areas, instigate a treatment programme to alleviate any existing injuries or mobilise stiff areas, or reassess you at a later date so you can see the changes

and improvements.

We would also be happy to come and talk at your society days or lunches, giving a demonstration of a few simple exercises and tips that could quickly make a difference.

The Get Fit for Golf programme is just one of the comprehensive services offered at 3 Way Healthcare.

Originally set up as 3 Way Physiotherapy in 1993 to provide high standards of patient care, we have now changed our name to reflect our multidisciplinary approach to total body care.

As well as our team of highly qualified and specialised physiotherapists, we also have a sports masseur, podiatrist and clinical psychologist as part of the team.

Our approach to treatment is that it should not be passive and so we provide our patients with the tools they need to maintain their fitness and prevent recurrence of injury.

As such, as well as teaching individual exercises, we run Pilates and Tai Chi rehabilitation classes, both of which are excellent for developing the core stability required to maintain a healthy body.

If you wish to take part in the Get Fit for Golf programme or any of our other services, or would like further information, please contact us at our Woodley clinic on 0118 969 2299 or visit our website at www.3way-physiotherapy.co.uk

Aches and Pains affecting your Golf?



Get fit for Golf Programme

VIDEO ANALYSIS and PERSONAL EXERCISE PROGRAMME

Getting Fit For Golf Rather Than Using Golf To Get Fit Will Improve Your Performance And Enjoyment Of The Game.

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Jacky Davey MCSP and Associates CHARTERED & STATE REGISTERED PHYSIOTHERAPISTS