At 63 years old, with two hip replacements within nine months of each other, Roger was looking to get his golf game back in shape. Here is his story:

"I started playing golf at a young age, along with cricket, football, tennis and squash, all of which take a toll on the body over the years. Once I turned 50, I started having chronic back problems. Eventually in December 2012, I had a full right hip replacement which was then followed by a full left hip replacement nine months later. Despite undergoing the usual rehabilitation programs, my level of strength was not returning. I had to use a cart to play golf and became fatigued and sore after just 12 holes."

I decided to give Kieser a try. After just four months at Kieser, my golf game has improved greatly and I feel much stronger. My program works largely on my lower back and core. Since starting I have begun walking without limping or becoming exhausted half way through. My handicap has dropped from 21 to 15 within two months, my driving distance has increased by 20 metres and my general well-being and stamina has noticeably improved. Kieser is now an important part of my weekly routine."

**ROGER’S TRAINING PLAN**

F1: OBLIQUES  
F2: ABDOMINALS  
A3: GLUTEALS

Roger was given a program of nine exercises, focusing on A3, F1 and F2 to strengthen his lower back and core.
PLAY THE GAME LONGER & STRONGER

As we get older we lose muscle mass and strength. In the context of golf this leads to earlier fatigue, loss of swing control and the inevitable aches and pains, all of which impact on-course performance. Just as it’s important to maintain swing technique, keeping the body in shape also pays substantial dividends on the course and keeps you playing the game longer.

At Kieser our team of physiotherapists will not only reduce those aches and pains, our unique strength and conditioning programs can help improve your performance on the course. The explosive nature of the golf swing places enormous stress upon the body irrespective of the age and the standard of golfer. While the professional golfer may generate club head speeds in excess of 200 km/h the stress placed on the shoulders, elbows, wrists, hips and spine can be just as dramatic for the enthusiastic amateur. A strong musculoskeletal system works in three ways to assist your game.

Firstly, maintaining sound physical conditioning means you are less likely to suffer from game limiting injuries and your ability to recover after a long day on the course or from injury is enhanced.

Secondly, an appropriate strength training program will enable you to generate more power with less effort, which in turn results in a smoother swing and greater club head speed. The end result is longer, more consistent drives without the temptation to overstrike or muscle the ball.

And finally, of course, the most important aspect of “longevity” is not striking the ball longer but being able to enjoy playing the game for longer as you get older. The better physical condition you maintain the longer you will be capable of playing and enjoying the game you love.

We invite you to visit one of our centres and personally experience what makes Kieser unique.
STRENGTH & CONDITIONING PROGRAMS FOR GOLF

It was Gary Player that once described golf as a “puzzle without an answer”. It was also Gary Player that set the early benchmark for strength and conditioning among professional golfers, being referred to as “Mr Fitness” back in the 1950s. Even to this day he prides himself on his physical conditioning. While he set the early standards for physical excellence, the majority of professional golfers today appreciate the importance of physical conditioning and incorporate strength training in their program in order to achieve optimum performance.

BACK INTO THE SWING

At Kieser, our programs can be customised to the specific needs of golfers. We can design a program for golfers with musculoskeletal injuries or issues holding them back or for golfers just looking to improve their performance on the course. Most golfers at some point in time carry injuries that restrict their on-course performance. Common injuries include –

- Back
- Elbow
- Shoulder
- Neck
- Achilles
- Ankle
- Hip
- Wrist

Our strength & conditioning programs are designed to get you “back into the swing”. Once your injuries are addressed you are then ready to consider our strength and conditioning programs and take your game to a higher level.

GOLF TRAINING PLAN

Our golf programs typically include 10 exercises, focusing on F3, H3 and E4/E5 to improve your swing and stamina on the course.
KIESER & BACK PAIN

Four out of every five golfers will suffer back pain at some point in their lives and when your back is below par so is your game. The Kieser method is a fusion of physiotherapy and strength & conditioning designed to identify and assess the source of your problem and strengthen your body to reduce pain and prevent recurrence of the issue. Through an active approach to your rehabilitation, in rebuilding your stabilising muscles, we address the underlying cause of back pain. We offer a long term approach, which encompasses pain reduction and prevention of recurrences through improved stability and increased strength.

COMMON QUESTIONS REGARDING STRENGTH TRAINING FOR GOLF

1. I’M NOW IN MY 60’S, ISN’T IT TOO LATE FOR ME?
Irrespective of your age you and your golf game will benefit from our strength and conditioning programs. At Kieser we have clients from their 30’s to their 80’s training twice a week in order to maintain their strength and quality of life - including their regular rounds of golf.

2. WON’T STRENGTH TRAINING RESULT IN LOSING FLEXIBILITY AND BULKING UP?
Strength training when performed correctly will not result in a loss of flexibility in fact it can increase flexibility and enhance postural balance. Our golf specific programs are designed to create lean muscle mass that translates to power, not bulk.

3. I’M ALREADY A MEMBER OF A GYM, WHY SHOULD I GO TO KIESER?
Our programs are quite different to the generic programs you would typically experience in a standard gym. First and foremost a physiotherapist conducts your initial assessment. The physiotherapist then, in conjunction with one of our exercise scientists, devises your program which is designed specifically around your golf objectives.

4. I DON’T HAVE ENOUGH TIME TO GO TO THE GYM, HOW WILL KIESER FIT IN MY SCHEDULE?
Our training programs are based on well established principles of medical research and sports science. All it takes is two 30 minute sessions a week for you to improve your strength and on-course performance.

So whether you have back pain, general musculoskeletal problems or are just interested in playing the game we all love – longer and stronger – call your local Kieser Centre.
KIESER CASE STUDY

I KIESER TO KEEP GOLFING

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ROGER’S TRAINING PLAN

Roger was given a program of nine exercises, focusing on A3, F1 and F2 to strengthen his lower back and core.

“Looking ahead, it is onwards and upwards towards better golf and life in general thanks to Kieser.”
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