

DODIE'S COMPLETE GOLFER

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ISSUE 19

Focus your mind. . . Prepare your body. . . Play your best golf!

Words of wisdom:

"Emancipate yourself from inner slavery, none but ourselves can free our minds."

-Bob Marley, "Redemption Songs"

DORSIFLEXION FOR MORE POWER. . . DORSI WHAT?

Dorsiflexion is an anatomical term referring to the range of motion in the ankle and calf area. It is the amount of movement the foot bends towards the shin (for example, taking your foot off the break while driving).

Yoga postures such as Down Dog and Extended Down Dog are fantastic stretches to improve flexibility in the calf, ankle and lower leg. The Down Dog "series" is moderately advanced, so being mindful of the bodies limitations is essential. (If you have sensitive shoulders or wrist, use props and modifications to prevent injuries.)

You may be asking "How does ankle flexibility help my golf game?". . . Good question!

For starters, mobility in the ankles allows for better balance in the golf swing. This is essential for proper weight shift and uneven lies.

Secondly, according to the Titleist Performance Institute research, limited dorsiflexion (tight calves and ankles) causes "early extension" in the golf swing. "Early extension" is when the golfer loses their spine angle/posture at impact. This is one of the most common reasons for loss of power and club head speed in the golf swing.

So stretch out those ankles and calf muscles and you'll find yourself 10 yards farther down the fairway! Who knew?



Extended Down Dog (Uttbitha Adho Mukha Svanasana) is an advanced stretch for the lower leg and ankle area.

Other postures for improving flexibility in the lower leg:

- Down Dog (Adho Mukha Svanasana)

- Dolphin (Forearm Down Dog)

- Modified Crescent Warrior (Virabhadrasana A)
Shown below

SPORTS MASSAGE FOR INJURY PREVENTION! BY GERI RAMSEY

The most common causes of injuries to amateur golfers are:

1. Too much play or practice
2. Poor swing mechanics
3. Hitting the ground
4. Over swinging
5. Too little warm up
6. Twisting during the swing
7. Grip or swing change
8. Falling
9. Bending over the putt

(source: John R. McCarroll, MD Orthopedic Surgeon and member of the ACSM)

We will be talking about the #5 "too little warm up" most common cause to amateur golfers. If you play golf, than you know that warming up prior to playing is an important prerequisite. Warm up consists of proper stretching to elongate your muscles and to increase the range of mobility of your joints. It is important to loosen tight muscles and get them prepared for your golf game. This helps improve your performance and to lessen the change of injury.

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Dodie's Complete Golfer

Dodie Mazzuca

-LPGA Tour 2001,2002

-Golf Digest Schools Instructor
2003-2005

-Professional Yoga Instructor

-Certified Titleist Performance
Institute Golf Fitness Instructor



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Loosening up the muscles and tendons with a massage can be effective to increase blood flow and get your body started. A massage therapist can take your shoulders through a great stretch and range of motion to set you up for your golf swing. Warming up through massage can help increase the elasticity of the muscle tissue. This helps increase your range of motion.

The golf swing is the critical movement in golf. Small changes in your swing makes for wide variation of where the ball gets placed after you hit. To play well, you need a fluid and tension free swing. Massage therapy is great method for warming up the body. Many professional athletes use sports massage therapy prior to strenuous activity.

If you are interested in massage either before or after your game please contact me at:

Geri Ramsey, LMT, PT

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UPDATES & UPCOMING EVENTS

I am back in the desert looking forward to another great season! Here are a few of the classes I'm currently teaching:

Mondays	8:15am	Troon CC
Tuesdays	7am	Troon Mt. Fitness
	8:15am	Four Seasons
Wednesdays	9:15am	Desert Mountain
Thursdays	7am	Troon Mt. Fitness
	8:15am	Troon CC
	9:30am	Four Seasons

I also teach a number of private classes and one on one sessions.

Check out my website:
www.DodieMazzuca.com



GOLF FITNESS PROGRAMS!

Ultimate Golf Package:

-TPI Golf Fitness Evaluation

-Personal Workout Website

-18 session take-home workout specifically for your golf game.

-Personalized Golf Stretches

-Basic Golf Swing Analysis

\$250

Golf Lesson:

1 hour : \$125

3 Sessions for \$350

Private Yoga/TPI training Sessions

1 hour : \$100

Series of 6 : \$550



Lilly Pup and Cousin Bitsy May posing at "The Cove" in Santa Cruz, CA.



Golf Quick Tip:

Having trouble controlling the distance on your long putts? Try lightening up your grip pressure. Having a 'death grip' will not give you any touch or feel around the greens. Hold the putter just firmly enough so there isn't any motion or breaking down of the hands and the wrist during the stroke. With a light grip pressure, you'll find yourself rolling your lag putts much closer and your putting stroke much smoother. Enjoy!