

# PREPARING YOUR BODY FOR YOUR BEST SEASON YET

## INSIDE:

- Watch Out For These Shoulder Injuries
- Patient Success Spotlight
- Healthy Recipe
- Ways To Improve Your Golf Game



CALL (517) 853-6800  
TODAY TO SCHEDULE  
AN EVALUATION!  
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## PREPARING YOUR BODY FOR YOUR BEST SEASON YET

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The weather is warming up, which means it's the most wonderful time of the year for golfers, baseball players, and other outdoor athletes as they prepare for their sports seasons. This is also an important time for athletes to build, preserve, and protect their shoulder strength, particularly for golfers.

Golfing for the first time after several wintry months where many of us have

stayed indoors can be tough on the body. Most people will experience soreness in their lower back, shoulders and wrists after their first time out, this is why Peak Performance recommends a TPI assessment. The Titleist Performance Institute (TPI) is the leading organization in golf-specific health, fitness and swing advice. It is one of the nation's leaders in golf performance, and trains Certified TPI Golf Instructors and healthcare professionals to help you break past physical factors that limit you as a golfer. Peak Performance Physical Therapy is proud to partner with TPI.

### Ways To Improve Your Golf Game

#### 1. Prepare

Before hitting the green, you may want to go to the driving range a couple of times first. This will help prepare your muscles when you play a round of golf.

#### 2. Stretch

Stretching can improve your range of motion, making it easier to swing the club. Try some of these stretches, which will warm up the muscles you will use in your golf swing.

#### 3. Easy Does It

The actual motion of golfing isn't the only thing that strains your body during a round. Soreness can also come from walking around the course and carrying your clubs. Start the year off using a pushcart or only playing 9 holes while you build up the endurance needed to play



an entire round. If you regularly ride in a cart, this is likely a little less of a concern.

#### 4. Don't Let Your Skills Get Rusty

If you're an avid golfer during the summer, try attending an indoor driving range during the off-season. Regular exercise, such as jogging or biking, can also keep your muscles strong and ready for the season.

#### 5. Hit The Gym

The best golfers in the world have made fitness an integral part of their game and have forever changed Golf. Par 5s are now reachable in 2, fatigue is not as much of a factor, ball striking is more consistent, and scores continue to drop. Improvements in equipment have helped, but more than ever, Golf Professionals are investing in physical health. A lot of amateurs, however, have not taken advantage of getting their bodies in the best physical condition to play golf. While many golfers are hesitant to invest in their physical fitness due to shortages of proper fitness programs specific to golf or the fear of injuring while using weights or machines, investing in your physical health will improve and enliven your golf game!

<http://tria.com/tips-better-golfing-summer/>



Jill Marlan  
PT, MSPT, OMPT, CSCS  
CEO & Founder of  
Peak Performance

## A MESSAGE FROM THE CEO

*Spring is upon us and we are all itching to get outside and enjoy the warmer temperatures. Golf is an exceptional, safe, way to do this. Playing golf is great for your health both physically and emotionally. The benefits of playing golf are numerous and include: Increased happiness, reduced anxiety, increased confidence, and improved heart health. Golf requires you to move in many different planes and through a higher degree of range in your joints. Assuring you have ample range of motion is a crucial component to preventing injuries while you are playing. Peak Performance Physical Therapy has **Titleist Performance Golf Professionals** that will assess your strength, swing and appropriate joint range to perfect your game. We will give you a specialized program so you can prevent any injuries and hit the course pain-free this spring! In golf, as in life, it is the follow through that makes the difference - Reach your PEAK with us today!*

# WATCH OUT FOR THESE SHOULDER INJURIES

When it comes to your upper extremities, injuries typically fall into two categories: acute or overuse. Acute injuries are caused by a single specific incident, such as a strain or tear. Overuse injuries are caused by excessive repetitive movements over time. Some common acute and overuse injuries to be aware of when participating in your spring activities include:

- **Frozen Shoulder**

Frozen shoulder can result from either an acute injury or an overuse injury. It occurs when the tissue in your shoulder thickens or scar tissue forms, causing your shoulder to feel as if it's being "squeezed" and making it difficult to move.

- **Rotator Cuff Tear**

Rotator cuff tears can occur from either acute or overuse causes, as well. For example, falling on an outstretched arm, sustaining a blow to the shoulder, or partaking in repetitive overhead motions (such as those in swimming, softball, baseball, tennis, or football) can all result in rotator cuff tears. This occurs when the muscles or tendons that surround the shoulder joint become damaged or torn.

- **Tennis Elbow**

While this term is colloquially referred to as "tennis elbow," it can also be caused by other sports and activities, including softball, baseball, raking leaves, and even excessive typing on a computer. Tennis elbow is an overuse injury that results in inflammation of the tendons in the forearm, making it difficult to lift your arm. While the name implies specificity to the elbow, it may be felt throughout the entire extremity.

- **Golfer's Elbow**

This is another colloquial term, used to describe an overuse injury causing muscle inflammation inside the elbow. It is also sometimes referred to as "Little Leaguer's Elbow." This injury runs from the bony point of your elbow and can stretch throughout the extremity, making it difficult to extend or lift your arm. Sports and activities that generally result in golfer's elbow include golf, baseball, softball, bowling, and gardening.

- **Flexor Tendinitis**

This is an overuse injury that causes swelling in the tendons that control your hand movement, making it difficult to bend your fingers and move



your hand, elbow, or shoulder. Flexor tendinitis is typically associated with sports that require constant throwing, such as softball, baseball, football, or shot put.

**If you think you may be struggling with any of these shoulder conditions, physical therapy can help! Call Peak Performance at 517.853.6800 today to schedule your consultation!**

## Patient Success Spotlight



***"This is the first place I would go!"***

"To anyone that needs some type of therapy, Peak Performance is where you want to get it done! I attended the one in West Lansing. The therapists I mainly saw were Mr. Eric Kendall & Ms. Kristen Coleman, they were very professional and friendly. The establishment is very clean and follows COVID-19 protocols. Hopefully, I will not need physical therapy again, but if I do this is the first place I would go." -B.G

## STAFF SPOTLIGHT



### Matt McFadden, Clinical Director

Matt McFadden is the clinic director at Peak Performance Physical Therapy. He earned his Bachelor of Science in health fitness and his Master of Science in Physical Therapy from Central Michigan University. He is also a graduate of the Oakland University Orthopedic Manual Therapy Program. Matt is a clinical instructor for the Michigan State University Kinesiology Program, as well as for physical therapy programs throughout Michigan.

Matt has served as a resident instructor in the OMPT Program at Oakland University. He has 12 years of experience treating patients with orthopedic conditions, and he specializes in treating the spine, shoulder, and knee. Matt is a member of the American Physical Therapy Association, Sports Physical Therapy Section, and Michigan Physical Therapy Association.

Matt enjoys helping people of all ages return to what they love to do, whether it be playing competitive sports, or playing with their grandkids. In his free time, he enjoys being outdoors during summer and spending time with his wife and daughter.

[www.peakperformanceomt.com](http://www.peakperformanceomt.com)

## HEALTHY RECIPE

### BERRY-ALMOND SMOOTHIE BOWL



#### INGREDIENTS

- ¾ cup frozen organic raspberries
- ½ cup frozen sliced organic banana
- ½ cup plain unsweetened almond milk
- 5 tbsp sliced almonds, divided
- ¼ tsp ground cinnamon
- ¼ tsp ground cardamom
- ½ tsp vanilla extract
- ¼ cup organic blueberries
- 1 tbsp unsweetened coconut flakes

#### DIRECTIONS

Blend raspberries, banana, almond milk, 3 tablespoons almonds, cinnamon, cardamom and vanilla in a blender until very smooth. Pour the smoothie into a bowl and top with blueberries, the remaining 2 tablespoons almonds and coconut.

**CALL TODAY TO SCHEDULE AN EVALUATION!  
YOU DON'T HAVE TO BE HURT TO GET BETTER**

**PEAK**  
**PERFORMANCE**  
*Physical Therapy*

**(517) 853-6800**

**Because you are a past patient of Peak Performance Physical Therapy, we invite you for:**

Lansing Clinic  
DeWitt Clinic

Okemos Clinic  
Mason Clinic

[www.peakperformanceomt.com](http://www.peakperformanceomt.com)

*Our Annual Theme for the  
Year is "Raise the Bar"*

Peak Performance is striving to "Raise The Bar" in healthcare by helping each other as a community to overcome these difficult times. We go the extra mile to ensure our patients are more than satisfied and are receiving top-notch care. We are here for YOU and we are here to Raise The Bar.

**WE MAKE IT EASY TO LEAVE A REVIEW!**



(Lansing Location)



(Okemos Location)

**INSTRUCTIONS:**

1. Open your smartphone to the camera app
2. Center the desired QR code in the frame



(this will take you directly to our Google Review Page)

3. Let us know how we did!



(DeWitt Location)



(Mason Location)

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