



CAPTA NEWS

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There's a difference you can feel.

www.capitolphysicaltherapy.net

HAPPY NEW YEAR 2009!

We at Capitol Physical Therapy would like to wish everyone a Happy New Year, 2009. We have made some minor changes within our company for the new year. One of which is that we no longer provide PT at the Ionia Clinic as they are now employed by Sparrow Health Systems. Andy May, PT is going to be stationed at both the Delta and the 1540 Lake Lansing location. Kathy Gearhart, PT will be covering the 1540 Lake Lansing location as well as the DeWitt clinic. These changes have been made to provide quality physical therapy services at all of our clinics on a daily basis.

Get Ready for Golf in 2009

with Maria Carroll, TPI CGFI-FP2, CPT, PTA

Golfers Are Athletes!

The golf swing is a rapid athletic movement, which requires muscles to fire sequentially and together to provide a coordinated, harmonious movement. With the proper combination of strength, range of motion, balance/coordination, appropriate swing mechanics and good physical condition you can achieve your desired goals.

There is no perfect golf swing and nobody swings the same way, but everyone seeks the same thing.

Golf is comprised of many daily activities such as · Reaching for a seatbelt · Working over a sink/desk/counter · Reaching for objects overhead/behind/sideways · Opening swinging/sliding doors · Raking/Shoveling

If you are unable to perform daily activities your golf swing will most likely be a problem.

First a patient/golfer is evaluated for his/her specific limitations or weaknesses. Then we address those issues with an individualized golf rehabilitation program.

This may include: · Golf specific evaluation · Strengthening program that targets the muscles specific to golf · Stretching routine that will increase flexibility to help prevent injury · Enhance motor control, motor performance and movement patterns that will lead to better stability and mobility

This program can ***Increase your distance *Decrease your score *Decrease risk of injury *Increase club head speed.**

☼ This past summer Capitol Physical Therapy hosted the first annual golf rehabilitation outing "Joints In Motion" that was held at The Emerald Golf Course.

© Check out Maria's website at: www.usepgaf.com

