



MARCH 2023

HEALTH & WELLNESS

The Newsletter About Your Health and Caring for Your Body



PHYSICAL THERAPY CAN HELP GOLFERS *HIP MOBILITY AND PAIN*

INSIDE:

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Are you noticing soreness or pain in your groin? Does your back seem to feel better the more warmed up your hips are? Golfing requires a tremendous range of motion to swing the club effectively. Our physical therapists at Atrium Physical Therapy understand golfing mechanics and how vital your hips are to swing a club pain-free.

The golf swing has been associated with increased injury risk due to poor swing mechanics, inadequate spine (thoracic and lumbar) mobility, poor core stability, and lack of motion and strength in the hips. Most golf injuries are related to overuse syndromes but can result from traumas like hitting a rock or root or taking a large divot.

At Atrium Physical Therapy, we know how important it is to understand the golf swing mechanics and how important hip mobility and strength are for preventing injury and optimizing performance.

Request an appointment today, so we can help you resolve any injury, old and new, and get you back golfing sooner than later!

WHAT ROLE DO THE HIPS PLAY IN GOLF?

Golf is one of the most popular sports for recreational and competitive athletes. The sport offers people of all ages the ability to

enjoy nature and physical activity. Although the mental component of dealing with frustrating shots is often considered the most challenging part of golf, the physical requirements are surprisingly demanding.

Golf requires coordination and timing of all body parts moving in sequence to achieve an ideal swing. One of the most critical physical requirements comes from the hip joints. It is vital to achieving full hip rotation for a smooth and effective swing. Limitations in the hip affect the swing and the hip joint itself and can lead to pain and injury in the joints above and below.

During the swing motion, the front leg (lead hip) and the back leg (trail hip) work in concert while performing the identical opposite movements. The torque created by this motion helps create angular velocity in the pelvis, which coordinates with the spine to achieve the whole body rotation needed to swing the club. The knee joint is also directly affected due to the enormous force generated at the hip being transmitted down the thigh bone (femur) into the knee.

The coordination of the lower body and the pelvis and spine are influenced by the hip joint's mobility and strength. Therefore, any factor limiting rotation could cause pain in golfers and even lead to an injury that inhibits participation.

At Atrium Physical Therapy, our physical therapists understand the demands on the hip that help a golfer achieve a smooth swinging motion and can help identify any restriction standing in your way or causing you pain.

MOST COMMON CAUSES OF HIP PAIN IN GOLFERS

Hip pain is a common issue affecting golfers. Most of the time, pain or injury results from swinging the golf club repeatedly due to the pressure on the hip joint and surrounding tissues, including the muscles. In addition, faulty swing mechanics can lead to pain and/or injury if the swing is not executed correctly.

Identifying whether or not the pain is an actual injury requires an assessment by a skilled physical therapist. Our team can identify the underlying issues causing your pain and limitations.

The most common causes of hip pain in a golfer include:

Muscle strains and tendinopathy: Due to the repetitive nature of golf, the hip joint, in particular, is susceptible to overuse-type injuries. Trying to hit the ball further can also result in a strain due to the excessive force on the tissue.

Hip labral tears: The labrum is a ring of cartilage that helps the femoral head (ball)

Continued inside.

Are you suffering from pain in your hips? Call 1.575.888.2806

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SIT UP STRAIGHT INTO A PAIN FREE LIFE!

move smoothly within the socket. A labral tear is an injury to this tissue (cartilage) that leads to pain, reduced range of motion, and may cause the sensation of the hip locking up.

Hip impingement: Also known as femoroacetabular impingement (FAI), occurs when the femoral head (ball) pinches up against the acetabulum (the rim of the socket). FAI may lead to damage to the labrum. Often FAI causes hip mobility deficits and pain.

Osteoarthritis: Osteoarthritis is a degenerative type of arthritis where the cartilage in the hip joint gradually wears away. As the cartilage wears away, the joint space decreases, resulting in pain and loss of motion.

There is also some evidence that the lack of motion in the thoracic and lumbar spine affects the hip joint. Although not a direct cause of hip joint pathology, the lack of mobility influences how the body transmits the forces needed to swing the club. Addressing the thoracic spine lack of motion has been shown to reduce pain in the hip joint.

In addition, weakness or lack of stability in the core musculature can create compensatory movements. These unnatural compensations may lead to pain in the hip joint as it attempts to control the massive swing velocity without adequate support from the core.

Fortunately, our team of physical therapists are movement experts with proven success in treating golfers with all forms of pain and injury. We can help identify any limitations or weaknesses you may have and give you the tools to resolve them!

WHAT YOUR PHYSICAL THERAPIST CAN DO TO HELP

Developing a plan to improve and maintain hip rotation mobility is essential for optimizing performance. At Atrium Physical Therapy, our physical therapists will perform a golf-specific movement screen to identify any limitations related to your pain/injury and golfing performance.



These findings will allow us to develop interventions that correct movement patterns and reduce the risk of potential injuries in the future. We incorporate manual techniques to assist our progress and ensure you move and feel your best. We will focus on pain relief techniques and improving any lost motion.

Our programs will incorporate golf-specific strength training to address your unique needs. Our programs will include education about the exercises to ensure you understand the importance and benefits of continuing to work on your therapeutic program even after you return to the links!

REQUEST AN APPOINTMENT WITH ONE OF OUR SPECIALISTS TODAY!

The hip joint plays a significant role in how the rest of your body tolerates golfing. At Atrium Physical Therapy, our physical therapists will identify all the factors causing pain/injury and give you the tools to resolve your issues once and for all!

CALL 1.575.888.2806 OR VISIT WWW.ATRIUMPT.COM FOR MORE INFO

Try This Seasonal Recipe

Shamrock Green Smoothie

INGREDIENTS:

- 2 bananas, frozen
- 1 green apple, core removed
- 2 cups water or milk (non-dairy if necessary)
- 1 cup plain Greek yogurt
- 2 handfuls spinach (about 1-2 cups)
- 1 teaspoon vanilla extract
- Honey to taste (optional)

INSTRUCTIONS:

In a blender, add all ingredients. Blend until smooth, adding more water if you want a thinner smoothie.

Adjust sweetness with additional honey, if desired.



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MEET ALEXANDRA

"ALEX" GUTIERREZ-LOYA, DPT



I was born and raised in Deming, NM. I joined the Navy right after high school and was stationed in Everett, WA. After getting out of the military I moved to Las Cruces and attended NMSU where I received my Bachelors degree in Kinesiology then later received my Doctorate in Physical Therapy at UTEP. I'm passionate about physical therapy for many reasons but mainly because I enjoy helping patients improve their quality of life through movement. Outside of the clinic I love spending time with my family, traveling and experiencing new things with them.

DONATIONS NEEDED

Atrium Physical Therapy will be distributing care packages to the unsheltered on a quarterly basis throughout 2023.

We are collecting donations of the following items:

(Travel Sizes)

- Hand Sanitizer
- Shampoo/Conditioner
- Wet Wipes
- Deodorant
- Toothbrushes
- Toothpaste
- Sunscreen
- Feminine Hygiene Products
- Chapstick/Vaseline
- Snack Bars/Granola Bars/Protein Bars
- Socks
- Gloves
- Bottled Water
- Gallon Ziplock Bags
- Small Blankets

There will be a bin available for donations at Atrium Physical Therapy in the lobby.



PATIENT SUCCESS

"They have a great team!"

Chantal has really helped me to try and get my mobility back! Have had to do therapy various times! Every time at Atrium Physical Therapy. They have a great team!

-Michelle D.

Help us help more people in our community by sharing your experience with Atrium Physical Therapy!



CORE VALUES



HAS YOUR PAIN COME BACK? COME BACK TO PT!

Keep up with your physical therapy exercises to relieve pain and prevent further injuries.

If your pain doesn't subside, consult with your therapist about what other things might be causing pain.

Call Atrium Physical Therapy to schedule a complimentary 'discovery visit'. We will spend some time with you to determine if physical therapy might be part of your recovery.

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