



Brostrom Physical Therapy

Quote of the Month:

"As you walk down the fairway of life you must smell the roses, for you only get to play one round."

-Ben Hogan



Brostrom Physical Therapy

22180 Pontiac Trail
Suite E
South Lyon, MI 48178

Phone #: (248) 446-0155

Fax #: (248) 446-0177

Website: brostrompt.com

Email: therapist@brostrompt.com



"Hands-on treatment you need with the care you deserve."

Monthly Newsletter
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The Body-Swing Connection

From the desk of: Corey McCue, PT, DPT, Titleist Performance Institute Certified

Golf is a wonderful recreational activity that many of us enjoy each and every year. One of golf's greatest features is that anyone can play regardless of age or skill level. However, every year far too many give up the sport due to injuries that result in a loss of enjoyment of this great game. As an avid golfer and golf fan, I'm amazed to see just how unique each person's swing really is: not only professionals, but the average golfer as well. A great philosophy that was taught to me, and really resonates with me, by the Titleist Performance Institute goes as follows: *"We don't believe there is one way to swing a club; we believe there are an infinite number of ways to swing a club. But we do believe that there is one efficient way for all golfers to swing a club and it is based on what they can do physically."* Put another way; there are many different ways to swing the club, but the best and most effective way to swing is based on your physical capabilities. Many of us have looked at professional golfers and thought something along the lines of "If only I could swing like them I would take 5, 10, or even 15 shots off of my game!" So what do we do? We watch slow motion videos or look at pictures of a professionals during their swing and try to mimic what they do and where they are positioned. Unfortunately this causes us to try things our physical features simply won't be able to tolerate. Most of us won't be able to swing like the pros (and that's ok!). What we should start doing is understanding what our bodies can do and match our swings to that standard.

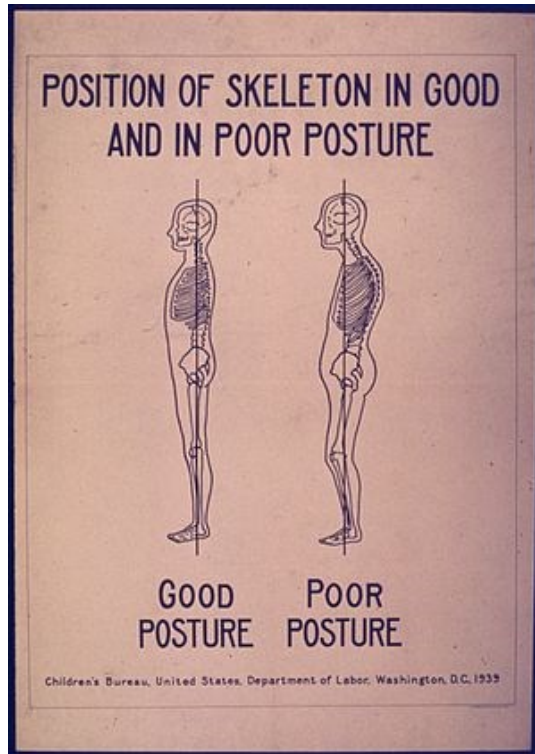


Lets take a quick look at the swing of the recent U.S. Open winner, Dustin Johnson. He is able to move his body in ways most of us can't. He has matched his swing to what his body can do. He has made his swing efficient. We here at Brostrom Physical Therapy can help you make your swing efficient too! So, if you're currently experiencing pain with your golf swing and are interested in more information about matching your swing to your physical capabilities, you can do so in a few ways:

- Contact our clinic.
- Visit <http://www.mytpi.com/experts> and find a TPI certified professional near you.
- Seek out a golf professional near you.

From all of us at Brostrom Physical Therapy, we hope you continue to play and enjoy this amazing game for a long time... Keep on swinging!

Proper Posture for Standing



Good posture includes:

- Flexibility of the trunk and lower extremities.
- Feet flat on the ground.
- Hips aligned with shoulders.

You should also:

- Avoid sitting with a wallet in your back pocket.
- Lift with your legs and not your back.
- Avoid combining twisting and lifting movements with feet planted.

Recipe of the Month: *All American Trifle*

Prep Time: 30 Minutes

Ready In: 40 minutes

Ingredients:

- 3 pounds fresh strawberries, hulled and sliced
- 1/4 cup white sugar
- 1 quart heavy cream
- 1 (3.3) ounce package instant white chocolate pudding mix
- 1 (6 ounce) container lemon yogurt
- 2 Tablespoons coconut-flavored rum, or to taste (optional)
- 2 (16) ounce prepared pound cakes, cubed
- 2 pints fresh blueberries, or as needed

Directions:

- In a bowl, sprinkle the strawberries with sugar; stir to distribute the sugar, and set aside. Chill a large metal mixing bowl and beaters from an electric mixer.
- Pour the cream into the chilled mixing bowl, and add white chocolate pudding mix, lemon yogurt, and about 1 tablespoon of coconut rum, if desired; beat until fluffy with an electric mixer set on Medium speed.
- Spread a layer of pound cake cubes into the bottom of a glass 10x15-inch baking dish, and sprinkle the cubes with another tablespoon of coconut rum. Cover the pound cake with a layer of strawberries; sprinkle blueberries over the strawberries. Spread a thick layer of whipped cream over the berries. Repeat the layers several times, ending with a layer of strawberries sprinkled with blueberries and reserving about 1 cup of whipped cream; top the trifle with dollops of whipped cream to serve. Refrigerate leftovers.

