

Take your **golf** to a better place ...



Body Organics for Golf Conditioning

Body Organics is an established, multidisciplinary health care practice in Brisbane. Our three studios (West End, Chelmer, Annerley) offer allied health services such as Physiotherapy, Exercise Physiology, Podiatry, Nutrition, Osteopathy, and Remedial Massage. Providing a great complement to these services is an extensive range of body movement exercises such as Pilates, Gyrotonic® and CoreAlign®, all under the supervision of qualified physiotherapists, exercise physiologists and instructors.



Why is this important to Golf?

Playing golf does not necessarily get you into condition to play golf, especially if you ride in a cart. The total time actually swinging the club is approximately two minutes during 18 holes!

The golf swing (not to mention the hunched-over putting stance many of us get into) puts great stress on golfers' backs. It's not surprising that back pain is the most common problem for golfers. This is followed by injuries or pain to the neck, knee, elbows, shoulders and wrists.



Body Movement Programs

The key to a successful golf swing is balance, with the swing itself requiring stabilisation, rotation, acceleration and deceleration. Pilates, Gyrotonic® and CoreAlign® exercises teach total body conditioning by integrating the entire body into all the movement patterns, as optimal golf performance requires. Body Organics can develop Pilates, Gyrotonic® and CoreAlign® programs specifically tailored to the needs of individual golfers. These programs are designed to:



- // Rebuild muscle balance by lengthening the tight muscles & restoring flexibility
- // Strengthen the stabilising trunk muscles to reduce the risk of injury
- // Enhance balance and stability
- // Increase strength and power
- // Stretch and release

Injury Recovery

At Body Organics, our comprehensive range of allied health services is ideal for injury or illness recovery. Our therapists can work collaboratively to get you back on the golf course faster.

Contact Carla Mullins (Studio Manager) or Michael Schwarer (Practice Manager) to discuss the needs and goals of your golf-conditioning program. We work with individuals, coaches and teams.