

# **RESOLVING CHRONIC SWING FAULTS WITH ACTIVE RELEASE TECHNIQUES®**

## **What is Active Release Techniques® (ART)?**

ART® is a method of soft-tissue treatment aimed at removing scar tissue, or adhesions within muscles, tendons, ligaments, and nerves as well as between tissues in order to improve how they function together. Adhesions develop in tissues that are under constant stress due to prolonged athletic activity, poor posture, repetitive strain, and/or tissue injury.

## **Golf Swing Basics**

The golf swing is arguably the most complex movement in all of sport. The swing, that succession of movements that culminates with the clubhead striking the ball, may be regarded as the central element about which the whole golf game is built. The ideal swing occurs when the club travels along a path and plane that results in the club being it's lightest in gravity. This is why you often hear that PGA professionals only swing the club at 80% of their maximal effort. Swinging the club along the perfect path and plane allows them to hit the ball efficiently, while keeping 20% reserved to use when playing that 600 yard par 5.

A golfer's swing can be broken down into several elements: address, takeaway, backswing, downswing, acceleration, impact, and follow-through. Golf instructors (CPGA professionals) work meticulously with students in correcting faulty mechanics to produce an efficient swing. From a health care practitioner's standpoint, each of these positions requires muscle balance and flexibility, as well as static and dynamic postural stability. In order for this to happen the joints involved in the movement must have full and free range of motion. Swing faults can occur at any point within the golf swing if the soft-tissues of the body do not allow the joints to move through there full range of motion. Moreover, these tissues (muscles, tendons, and ligaments) must slide over each other in a fashion that does not restrict motion, leading to inefficient movement.

## **How can ART® help my golf swing?**

As stated earlier, one of the most common causes of scar tissue is repetitive motion - enter the golf swing. Over the course of a season a golfer swings a golf club hundreds, if not thousands of times. This repetitive motion can create adhesions within and, more importantly, between the soft-tissues of the body. These adhesions can lead to stiff tissues and restricted joint motion, which in turn can cause limitations to the various elements of the swing. Restricted motion leads to an ineffective swing and ultimately, more swing faults. ART® providers are trained to detect scar tissue with muscles, tendons, and ligaments which may be limiting your motion. An ART® treatment has the ability to remove this restrictive adhesive tissue, allowing free motion of the tissues and joints involved in the golf swing. The result is a more efficient golf swing and less swing faults.