



Improving Your Golf Swing with the GolfForever Tool

Mangiarelli Rehabilitation physical therapist Bobby demonstrates the variety of ways we utilize the Golf Forever Swing Training Tool in our clinic to improve your golf swing. The Golf Forever Swing Training Tool is designed to help golfers gain distance and consistency in their golf swing by building mobility, balance, and speed.

The golf swing is one of the most dynamic motions in sports, requiring coordinated loading and the generation of power and force throughout the kinetic chain.

Physical therapy can help golfers improve their golf swing by enhancing agility and power for longer drives, improving mobility and flexibility in the hips and shoulders and dynamic balance, and enhancing core strength and neuromuscular control for a powerful, controlled, and accurate golf swing.



Dynamic Balance Training

Mangiarelli Rehabilitation physical therapy patient Ann is in her 90s and determined to maintain her balance as she ages. Ann worked with our physical therapist Jen to improve her balance through a variety of balance training exercises.

One effective balance exercise is dynamic balance training involving side-stepping. Side-stepping activates muscles that aren't usually used when walking straight ahead, strengthening the hip muscles. Side-stepping also boosts flexibility and spatial awareness as well as lateral ankle stability.

Physical Therapy for Foot Drop

Foot drop is a symptom of an underlying neurological, muscular, or anatomical problem involving an inability to lift the front of the your foot due to an impairment in the muscle in the front of your shin, the anterior tibialis.

Foot drop presents as an individual dragging the foot and toes on the ground when walking or bending the knees to lift the foot higher above ground to avoid dragging. Foot drop is commonly caused by peroneal nerve injury, lumbar radiculopathy, or neurological conditions like a stroke, Parkinson's disease, or multiple sclerosis.

Physical therapy can help address foot drop and improve functional mobility and gait pattern through a targeted therapeutic and strengthening exercise program.



Physical Therapy Management for Scoliosis

Scoliosis is a condition that affects the normal shape of the spine, altering a person's back alignment and posture and causing a lateral "s" or "c"-shaped curve in the spine.

The abnormal curvature of the spine can place stress on the surrounding muscles and joints, causing loss of strength and flexibility in the spinal and back muscles over time. Scoliosis is most often diagnosed during the teen years and affects men and women equally.

Physical therapy is an effective, non-invasive treatment method to manage scoliosis, stabilize the scoliosis curve, improve postural alignments, enhance neuromuscular control and muscular strength, and improve overall function in individuals with scoliosis.

Check out Mangiarelli Rehabilitation on Social Media!



[facebook.com/Mangiarelli Rehabilitation](https://facebook.com/MangiarelliRehabilitation)



instagram.com/mangiarelli rehabilitation/



twitter.com/MangiarelliPT



Youtube:
[@mangiarellirehabilitation](https://youtube.com/@mangiarellirehabilitation)