

# BODY STRESS & Golfers

Is your body limiting your Golfing potential?

**S**herrene Coston a **Body Stress Release Practitioner** says; *"I can't count the number of times golfing clients have mentioned that when they get up in the morning, their bodies are so stiff and sore, they can hardly walk, yet after a few stretches and hobbling to the bathroom and back, everything loosens up and the pain eases. They then want to do a whole lot more stretches because it makes them feel better."*

Sherrene explains that they may feel better at the time but the fact that the stiffness is there again the following morning shows they are obviously not getting better. Taking anti-inflammatories just before playing golf is also a common practise, the problem here is that the symptoms may be masked temporarily and the golfing activity can further aggravate the joints and the muscular structure where stresses or lines of tension may be stored.

The good news is that it is not necessarily old age creeping up but more likely 'High Mileage' i.e. the more you use your car the more often it needs a service. With our bodies however we often expect them to go on and on forever without ever doing a minor let alone a major 'service'. So the stresses start accumulating, and the more stress stored the more 'rusty' we get. This is especially true when we are doing repetitive movements such as hitting a golf ball.

Some typical examples of stored body stress or lines of tension in golfers are:

## Restricted Shoulder Girdle.

When the muscular structures from the neck down to the shoulders and into the arms or between the shoulder blades are tight, they can affect the co-ordination/timing of a golfer when taking a swing. This can also cause poor rotation or encourage excessive arm movement which in turn affects ones timing.

## Restricted Pelvic Girdle.

Here the powerful muscles of the lower back, gluteal (bottom) and femoral (top of leg into hip joint) can impact on the lower body foundation of the golf swing. Whilst strength is good, tightness or restriction is not. This can lead to excessive lateral movement as well as inconsistent ball striking.

Other examples can be Golfers Elbow, Trigger Finger, Carpal Tunnel Syndrome and to name a few.

Sherrene successfully established her first practice in Ballito 7 years ago and in 2010 opened her second practice in Umhlanga Ridge. Sherrene confirms that Body Stress Release (BSR) is a wonderful gentle way of releasing stored body stress, this then restores communication to areas of the body that have shut down. Once this happens amazing changes start to occur in ones body. Mobility increases, strength and stamina improve; overall co-ordination, balance and general well being are enhanced.

Sherrene says one of her dearest clients is a gentleman who just turned 90. He first came for BSR when he was in his mid 80's. Sherrene has fond memories of the initial appointment and says *"He was seriously grumpy, not believing in BSR but not wanting major back surgery, all bent and buckled and he said that if he had to give up his golf was walking out the door!!"* As Sherrene attended to him the body stresses released he started to straighten and stand tall. Sherrene says *"It was wonderful to hear how his golf swing improved, as well as his mobility, plus he had more power. Needless to say his golfing friends were not so pleased!"*

## Body Stress Release

Unlocking Tension – Restoring Self-Healing

[www.bodystressrelease.com](http://www.bodystressrelease.com)

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