

The Female Golfer & Maximizing Strengths

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Golf is historically received as a man's sport, but as women are infiltrating the game more and more, the instruction and considerations for the female anatomical differences need to be considered, more than just a shorter distance tee box. This presentation will highlight the differences between the male & female golfer, including anatomy & injury rates; highlight the benefits of performing a 2D golf swing analysis and present a case review including 3D swing capture and the rehabilitation recommendations that followed. Our understanding of the female golfer makes our intervention choices & programming more applicable, efficient & successful. "1) identify key differences between male & female golf athletes.

2) recognize injury differences between male & female golfers.

3) understand the benefits of a biomechanical golf swing analysis.

4) relate the presented material in a case review."

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Available at: <https://digitalcommons.wku.edu/ijesab/vol11/iss9/53>"

Sarah is a PT and a golf rehabilitation specialist at Hartford Healthcare's Bone & Joint Institute's Center for Musculoskeletal Health. She holds her OCS and has levels 1&2 TPI medical certifications, specializing in both orthopedic and sports rehabilitation with a strong passion for golf. Sarah is lucky enough to work with 3D technology in a motion analysis lab to evaluate the biomechanics & kinematic sequencing of each golfer through their swing. She has worked golfers of various skill levels to determine their golf physical function, readiness to return to sport after injury and enhance their performance for the game.