

# Sports Physical Therapy: Playing up to Your Potential

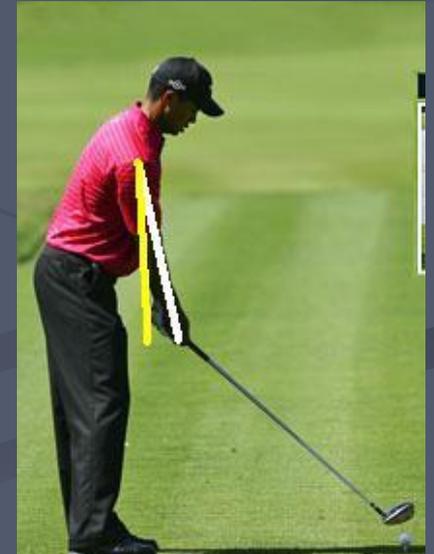
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Director ***K2 Sports Therapy***

# Sport Skills



# 10 Coaches = 10 Opinions



# Sports Therapists

Gets your body ready to get the most out of your coaching and allow you to play up to your potential.

**Video Analysis** Helps identify areas where there is opportunity for improvement. Improved motion, strength, endurance, timing, and power among other factors.

**Sports Therapists** have the hands on skills and techniques to correct many problem areas of the human body in a way that will enhance skill performance

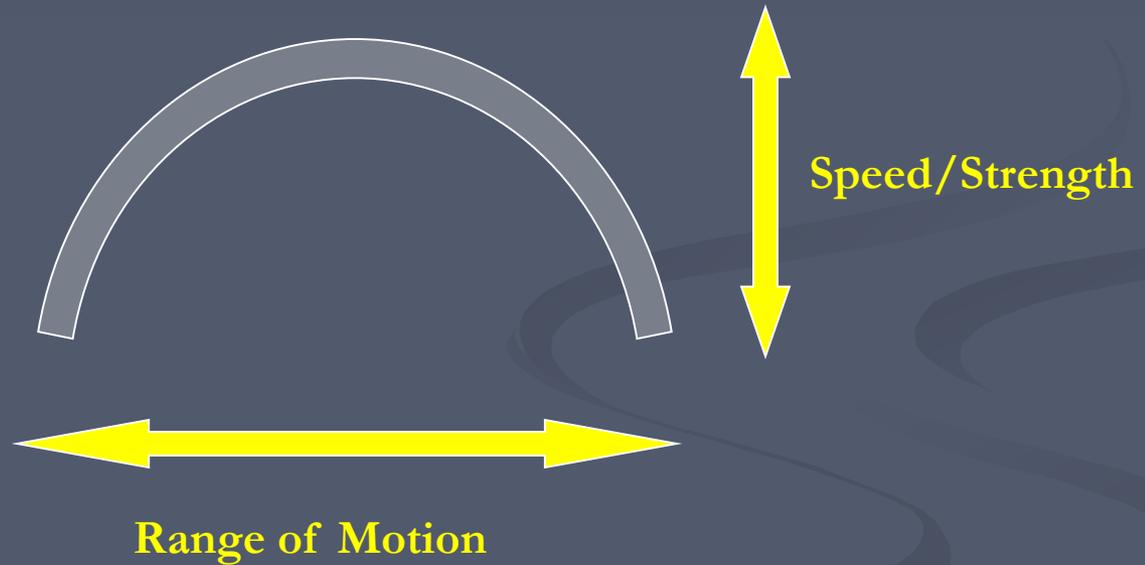
# Sports Therapists

Q1 What is limiting your total motion



Q2 What is limiting your muscle output

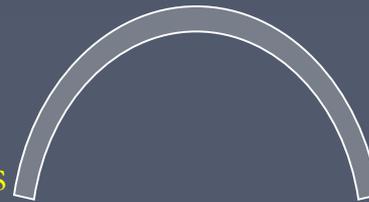
# Each Contributing Joint



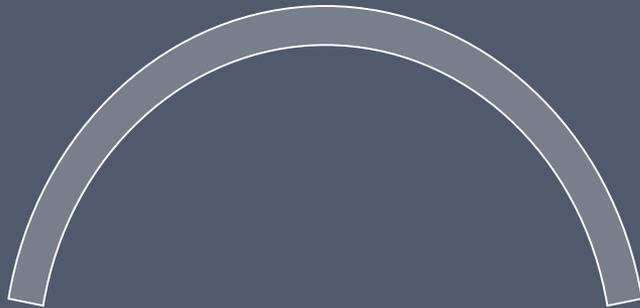
# Components to Any Sports Skill



Wrist



Arms



Trunk

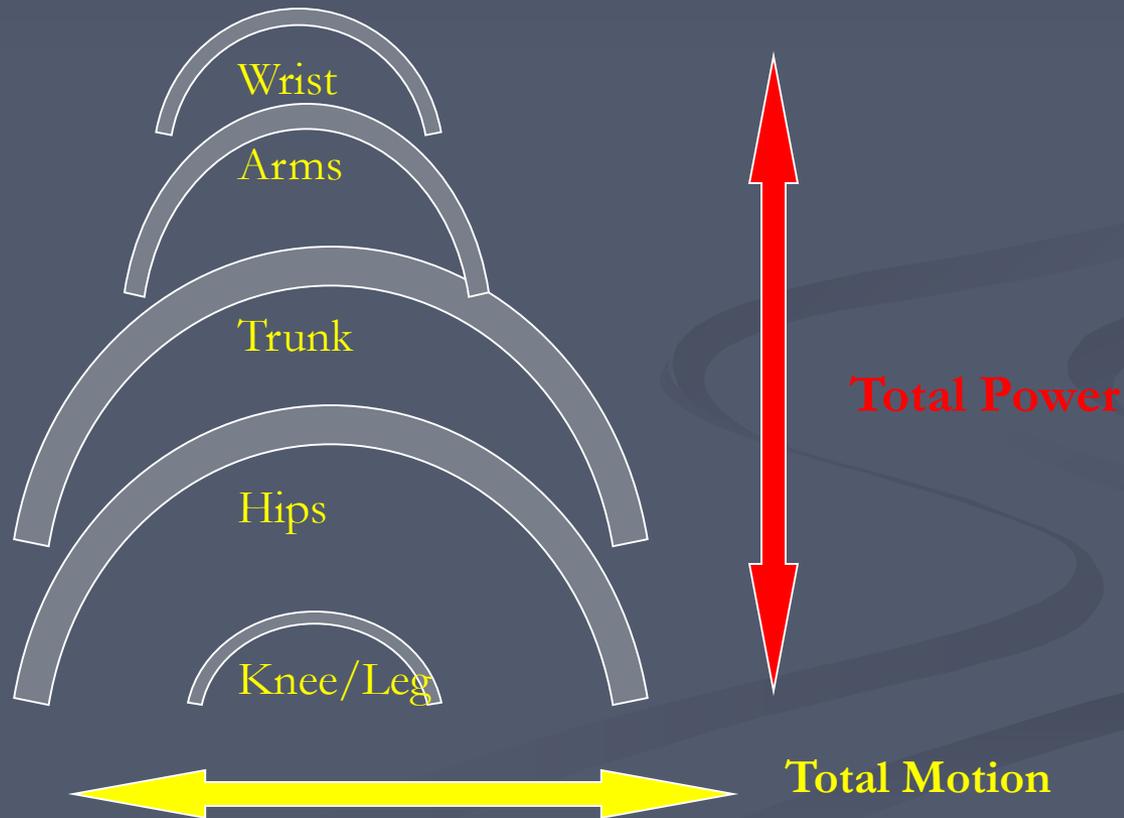


Hips



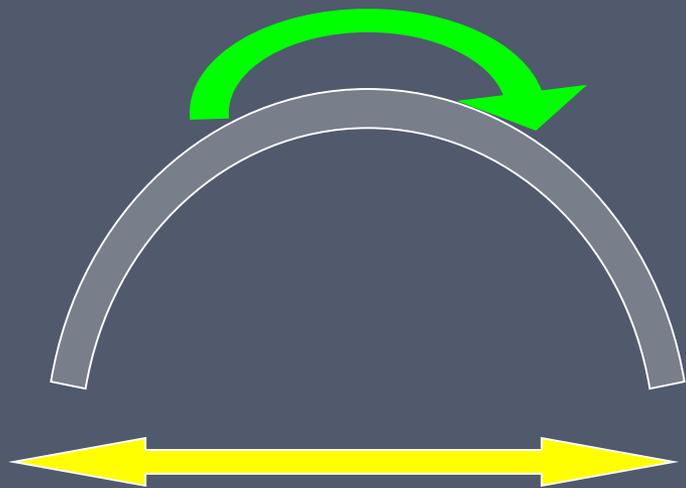
Knee/Leg

The sum total of all moving components = your performance



# What sets better Athletes Apart?

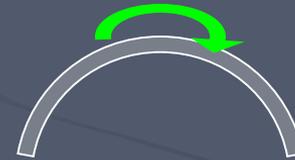
Sweet Spot (of maximum velocity)



Range of Motion



Speed

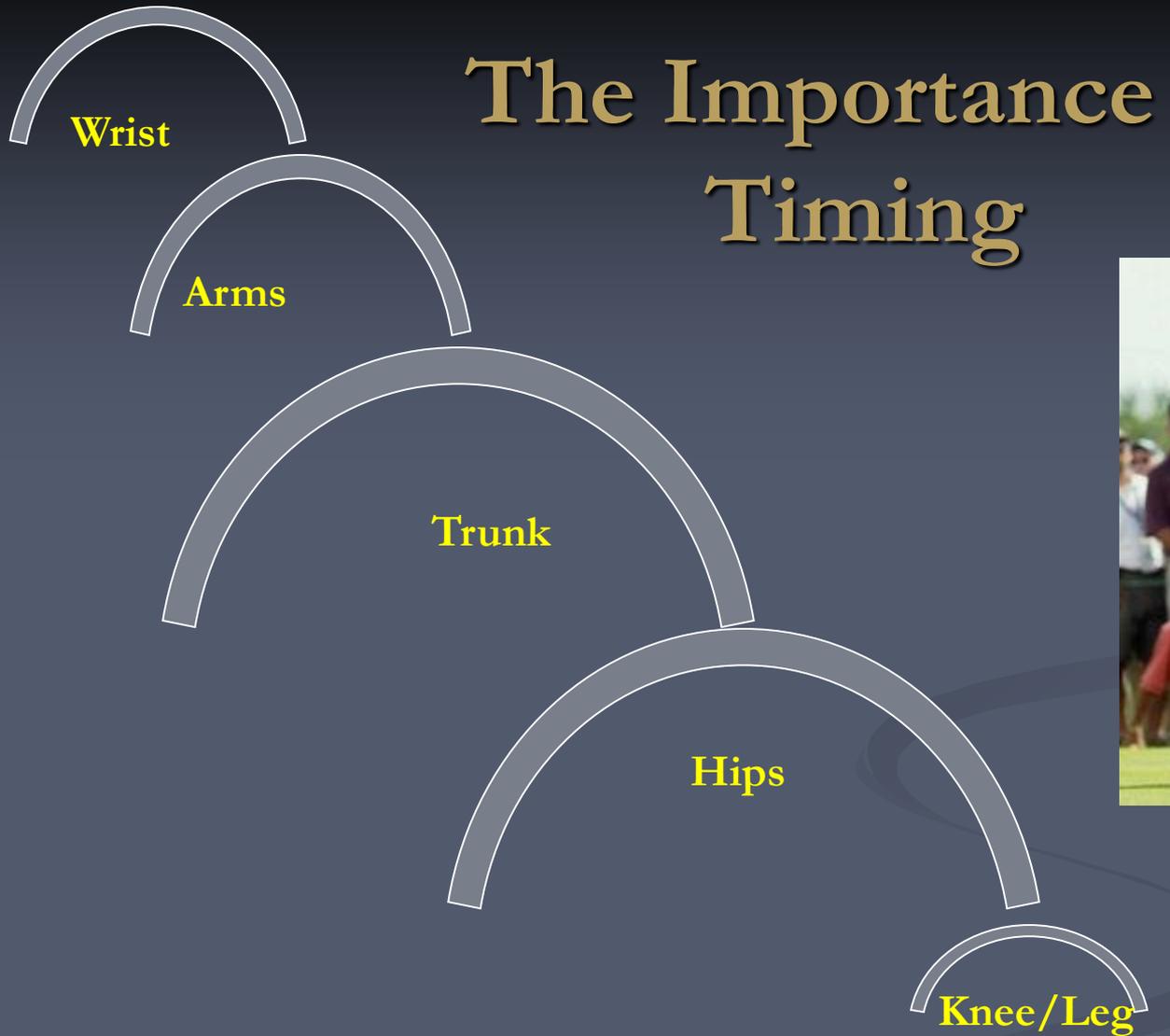


LIMITED

Range of Motion = Limited Sweet Spot

# The Importance of Timing

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The sum total of all moving  
components =  
your performance



## Coaches

- Timing
- Form
- Strategy
- Technique
- Skill building
- Coordination

## Sports Therapists

- Joint and Spinal mobility
- Flexibility
- Endurance
- Speed
- Power
- Coordination

**Our mission: to get your body ready  
for your coaching**

# Coaches Challenge

## Top Requests from clients

- Improve Accuracy
- Improve Driving Distance
- Improve Putting game
- Knock strokes off their game



## Restrictions

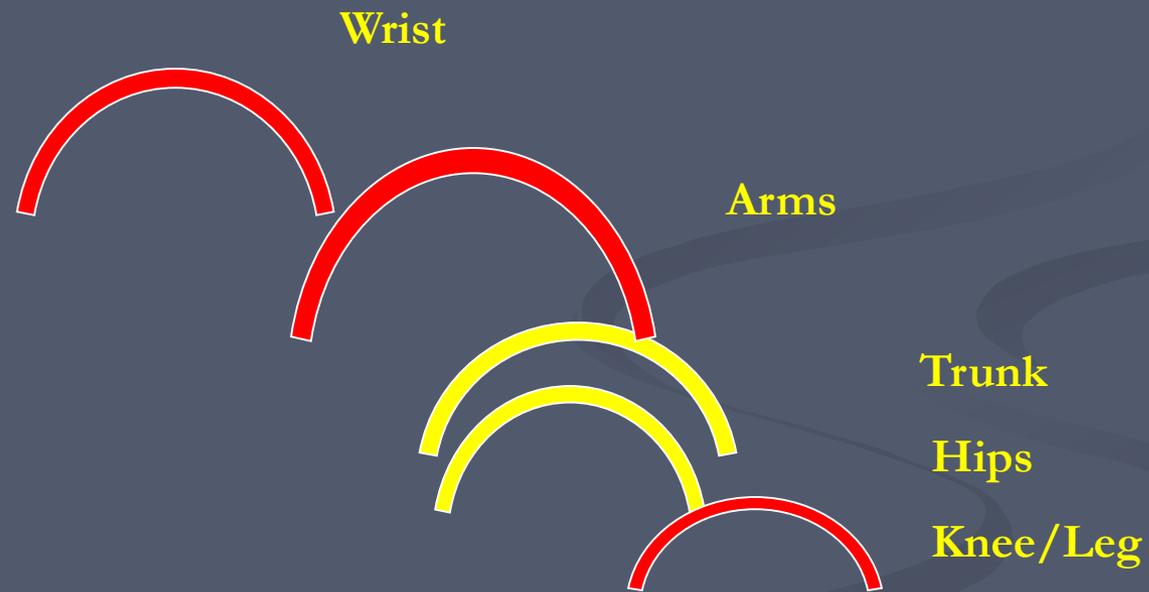
- Poorly conditioned
- Limited Trunk Mobility
- Unable to coordinate components to swing

These restrictions are often caused by arthritic changes, old injuries that have caused scarring in the muscles and surrounding soft tissues, postural restrictions, clients that do not have a history routinely activating the muscles necessary for golf.



# Injuries Inadequate Separation

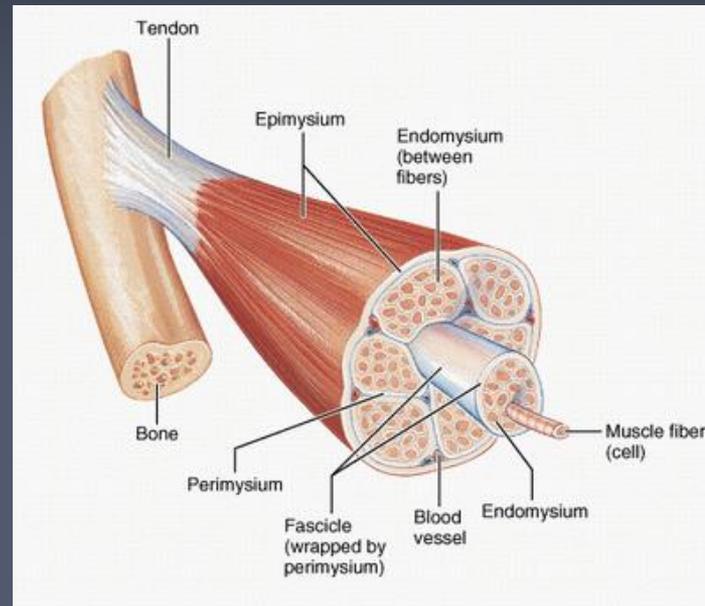
Requires compensation in adjacent areas



# How do Sports Therapists help your game?

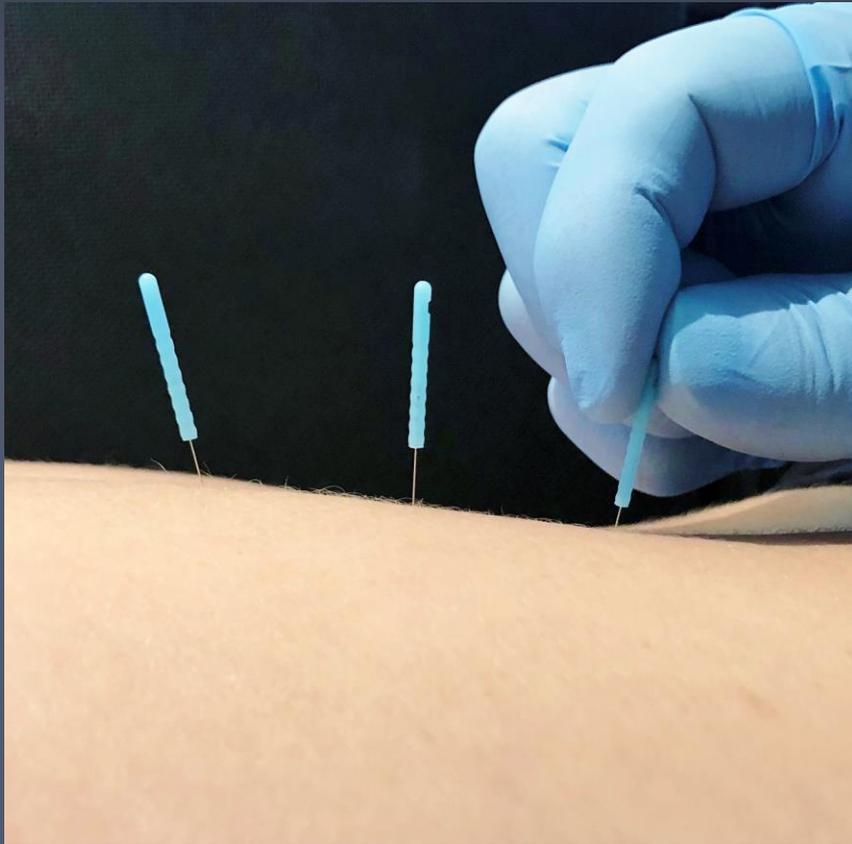
- Knowledge of movement
- Identify Your specific Restrictions
- Use our hands on techniques to get you better
- Give you a plan to follow at home to continue to work

# Previous Injuries affecting Today's Performance



- 639 muscles in the human body
- Sliding fibers tighten with injury or prolonged positioning
  - Manual Treatment can release adhesions and Improve Flexibility

# Dry Needling



- Same needles as Acupuncture
- Directed at Muscular Trigger points
- Forces tight bands to release through your bodies own twitch reflex
- No Drugs

# Side Effects

- Muscle Soreness
- Bruising



# Facts about stretching

- Best done after a warm up (7-15 min)
- Static stretching should be held for a minimum of 30 Seconds
- More useful AFTER your workout



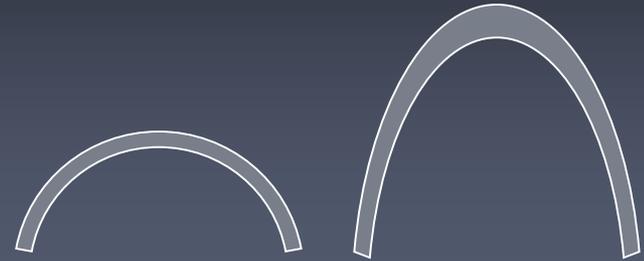
# FLEXIBILITY

- Increased Flexibility will increase the length of the arc that you move through
- It will also increase the time from which to activate the next segment



# SPEED OF MOVEMENT

Speed Training is not  
weight training



There are basic  
components of muscle  
contractility

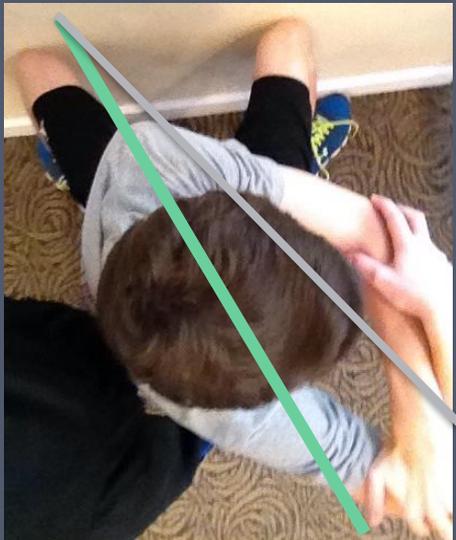
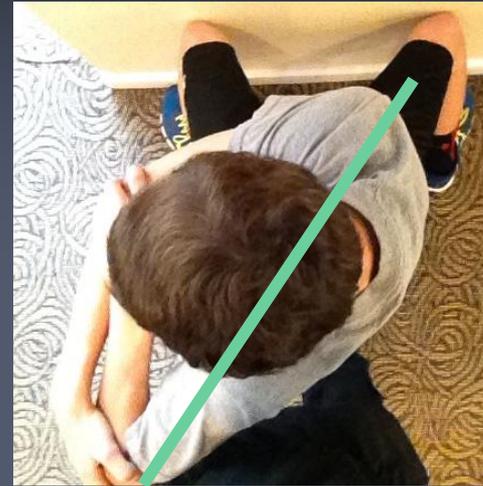
Speed of movement is  
the focus



# Putting it All Together



BEFORE



+14Deg

AFTER

+23 Deg



The sum total of all moving  
components =  
your performance



# Wrap Up

Questions?

