



*"get your healthy back"*

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Here we are in the third episode of *mobility* for the golfer. It's no coincidence that I've progressed from the hips, through the torso, and now into the shoulder region. In order for power to efficiently be transferred into the club it has to progress in the same sequence as its being introduced here.

I digress. It's about now that some of you may be getting bored with the simplicity of what's been presented and your interest stray towards the good stuff. The stuff that'll get ya 300 yard drives. Well let me tell you, it's essential to take this time and get the parts moving fluently or your swing motion will be limited, aberrant, and full of compensational swing faults. Some of the more common swing faults derived from shoulder problems are ["Loss of Posture"](#), ["Reverse Spine Angle"](#), and

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Gregg

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## TESTIMONIALS

*I've been a client of Dr. Gregg for 7 years. I've lost 20lb, cholesterol is down, and bone density up. As a grandmother, I can truthfully say "I am in the best shape of my life". Also, I have a chronic neck condition. With great concern Dr. Hoffman manages this problem and keeps me pain free. Next goal, reduce my handicap. Certainly we'll do that too.*

**Joan Olson Barrington, IL**

*Dr. Gregg has changed our lives. We are healthier, happier, and more active than ever. His golf-specific exercises have made us better golfers and we have significantly lowered our handicaps.*

**Sharon Clifford Barrington, IL**

an ["Over the Top"](#) swing path.

The premise that the body operates in a series of alternating stable and mobile parts is truer for the shoulder region than most. Simply, if the shoulder blade cannot stay down and firmly adhered to the body the movement in the joint itself is reduced. In addition, it tends to impinge the tissue inside even more and sets you up for trouble down the road for injury and degenerative conditions.

Try this little test. Standing upright with arms at your side, bend the elbows to 90 degrees. Then, raise the arms out from the side to 90 degree to the body. Now, rotate the extremity around the upper arms axis as far as you can without arching the back. The PGA norm is 110 degrees or more shoulder rotation. Did you get there? Let's check your shoulder blade for stability now. Set up the same way, but now hip hinge (lean forward) into about a 5 iron golf posture. Try to rotate as far as you can. If there is a discernable difference, it likely means your body isn't stabilizing the joint well and you really need to take these exercises for mobilizing and stabilizing the shoulder on.

["Cross Body Rolls"](#)

["Foam Roller-Lat"](#)

["Arm Circles"](#)

["Reach Roll & Lift"](#)

The end results should be something like this:

- The swing width is maximized
- The target side arm is able to climb the vertical plane freely (== club head speed)
- The trailing arm is able to maintain a position close to the body, no flying elbows
- The spines axis is preserved, saving the

*Working with Dr. Gregg helped me to finally understand the importance of regular exercise in promoting and maintaining good health. He is a compassionate and understanding professional who encourages his clients to become the best that they can be-and shows them how to achieve that goal.*  
**SC Barrington, IL**

## GOLFERS



**Titleist Certified**



**At risk for injury? Frustrated with swing faults? Know how to create real power in your swing?**

Call or email me for your **golf performance assessment** before the season starts.



back and increasing consistency in your ball striking

Yep, this can all be attributed to the shoulder region.

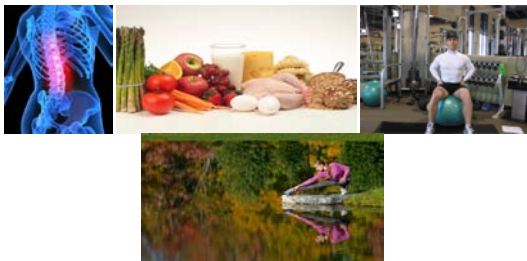


Dr "G"

Exercise of the by-week:



Swiss Ball Hamstring Curls



Create a body fit for playing your best golf today!

THE TIME IS NOW!!!



Did you know, custom casted orthotic create stability in your foundation which adds distance and consistency to your ball striking.

#### LINKS FOR MORE INFORMATION

[Mike George Fitness System](#)

[National Strength and Conditioning Association](#)

[Titleist Performance Institute](#)

[Golf Injury Certification](#)

[Foot Levelers](#)

#### PROFESSIONAL STUDIES

## Getting Past Mental Roadblocks

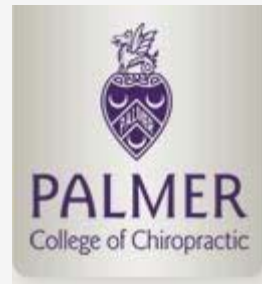
As the second month of 2010 comes to a close, where do you stand with your resolutions?

Have you made progress or did your motivation sizzle out?

Most people wait around for motivation to strike them like a lightning bolt. Well, I've got news: motivation isn't something that happens to you - it's something that you create for yourself.

If you don't feel motivated to achieve your goals, it is likely due to mental roadblocks that hold you hostage. Read the following 21 Mindset Tips and prepare your mind for success.

1. Success comes first in the mind, so visualize yourself accomplishing your goals.
2. Remember, you are the only person who can hold you back.
3. Forgive yourself and love yourself despite past failures.
4. Decide what is important in your life, and focus on that.
5. Conquer each negative thought the moment it enters your mind, when it is weakest.
6. Give up the idea that things won't go right unless you worry about them.
7. If you bring the body of your dreams to the point of resolve, then you'll soon be living in it.
8. Look towards your future, if you believe the best is yet to come then it will be.
9. You become what you think about most.
10. The margin between success and failure is very small and easily bridged by determination.
11. Start your day by accomplishing your hardest task first.
12. Set small attainable goals, rather than one monumental goal.
13. Convince yourself that exercise is fun, and it will be.
14. Know your big reason why.
15. Create a motivating play list of songs to use as the sound track to your workout sessions.
16. Every decision you make leads you either closer toward achieving your goal, or farther



Palmer Graduate.  
Practicing chiropractic  
physician since 1996.



Over 120 hours post  
doctorate studies as  
chiropractic sports clinician.

## CERTIFICATIONS



from it.

17. If you think you're a fat person, then you'll stay fat. If you think you're fit, then you soon will be.
18. Once you've set your goal, your attitude either pushes you toward accomplishment or failure.
19. If you don't know exactly where you want to go, you will likely end up someplace else.
20. You can have the body of your dreams, but first you must give up the belief that you can't.
21. You can only have two things in life: excuses or results.

If you're sick and tired of making excuses, then contact me today to get started on a results-driven fitness program.

### **Creature of Habit**

What do you do every night before getting into bed? You brush your teeth. It doesn't take much thought since it is such an ingrained habit. Imagine if exercise was as much of an ingrained habit as brushing your teeth. You would quickly achieve your weight loss goal and improve your health.

Here's how to make exercise a habit: 1) Exercise at the same time each day; 2) Put it on your schedule as a must - not a maybe; 3) Log your workouts in a journal; and 4) The ultimate way to create the habit of exercise is to join one of my programs - talk about guaranteeing your success!

### **Quick Chicken and Veggie Bowl**



This recipe serves up a refreshing new twist on chicken. Delicious veggies and chunks of tender chicken are coated in a savory sauce, and served over wild rice. It works great as a weekday meal, since it only takes about 20 minutes to make.

Certified strength and conditioning specialist.  
"National Strength and Conditioning Association"



**Titleist** certified golf fitness professional.



Certified golf injury specialist.

**Servings: 6**

**Here's what you need...**

- 2 cups wild rice, cooked
  - 1 Tablespoon sesame oil
  - 1 sweet potato, halved and thinly sliced
  - 1/2 cup red onion, thinly sliced
  - 1 cup mushroom, sliced
  - 1 Tablespoon ginger root, minced
  - 3 cloves garlic, minced
  - 2 Tablespoons mirin (rice cooking wine)
  - 2 Tablespoons soy sauce
  - 1 Tablespoon toasted sesame oil
  - 1 teaspoon corn starch
  - 1/2 teaspoon crushed red pepper
  - 2 cups green beans, chopped
  - 4 cups chicken breast, cooked and cubed
1. In a large saucepan place the sesame oil over medium heat. Add the sweet potato, onion, mushroom, ginger and garlic. Sauté for 5 minutes.
  2. In a small bowl combine the mirin, soy sauce, toasted sesame oil, cornstarch and red pepper. Set aside.
  3. Add the green beans and chicken into the pan and continue to cook for 2 minutes. Pour the soy sauce mixture in and mix until fully incorporated. Cook for another 3 minutes.
  4. Serve over wild rice.

**Nutritional Analysis:** One serving equals: 299 calories, 8g fat, 23g carbohydrate, 2g fiber, and 33g protein.

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