
Golf Clinics at Physio4Life in Putney, Richmond, Barnes, Wimbledon, Fulham & South West London

Generated from: http://www.physio4life.co.uk/services/golf_clinics/

Physio4life in London SW15 are now working with Ramsay McMaster, a world leader in the field of Golf Physiotherapy. Ramsay will be available for 2hr 1-1 sessions on the 31st March. Please contact reception to book. Tara Watters looks after the Golfers between Ramsay's visits (see Bio below).

Ramsay McMaster - Biography

This world renowned Golf Physiotherapist is based in Australia and regularly consults in Asia, Europe, Australasia and the USA on Golf fitness systems and programmes. His services include setting up Golf-specific Gyms, Strength conditioning, training of tour players, programmes for Senior Golfers, lectures and workshops for Golf Clubs and organisations. He is an Honorary Member of the Australian PGA and Managing Director of the Melbourne Golf Injury Clinic. In addition he is part of the US PGA Tour First Tee Programme and a panel member of the Title List Performance Institute and regularly consults with the Australian Institute of Sport. He works world-wide with many golfing organisations including the PGA's of Australia, Great Britain and Ireland, Europe and New Zealand. He is also the consultant to Women's Golf, Victoria. He maintains contact with many of the world's leading golf coaches and players.

www.golfmed.net

Tara Watters - Biography

Tara is a qualified Sport Rehabilitation Therapist with extensive golfing experience. Offering a comprehensive golf rehabilitation and conditioning service, Tara has worked and trained with specialist golf physiotherapist Ramsay McMaster as well as playing to a high standard(Scratch). In addition, Tara provides 1:1 Pilates that is aimed at improving fitness and function for golfers

Golf Screenings at Physio4life

Golf Screening is now used by many golfers around the world.

How does it work?

Golf Screening detects physical and postural limitations of the golfer, muscle imbalance and therefore prevents injury and helps to achieve peak performance.

Does it apply to all golfers?

Golf Screening is not just for top golfers. It can be applied to all levels from the amateur to professionals.

Every golfer's motivation is to reduce his or her handicap. So what are the benefits of a Health and Fitness programme combined with Golf Screening?

- Your body will be more prepared for Golf performance and therefore you will enhance your game with longer drives, improved accuracy, along with the ultimate goal of helping you to lower your handicap.
- The Programmes will promote injury prevention. Common golfing injuries include golfer's elbow, shoulder and back pain, along with ankle, knee, foot and sciatica pain.

If you have any injuries or want to discuss injury prevention, please call 0208 704 5998 or email admin@physio4life.co.uk.

The ranges of services that Physio4life can offer to all golfers are as follows

1. Physiotherapy

To perform optimally, a golfer must possess a good range of rotation whilst being able to maintain posture, balance and stability round many key joints.

2. Biomechanical Assessments/Screening and Orthotics

Golfers have to be aware of the risks to their body. Video analysis can help correct posture to enhance the golf swing. Customised golf shoe orthotics are also available for those golfers with biomechanical issues.

3. Nutrition

More often than not golfers do not make the direct link between a healthy diet and their performance on the golf course. Good nutrition is as important and good technical ability in determining overall performance.

4. Personal Training Consultations and Fitness Assessments

A full range of training services are available to the golfer, including a specific programme to improve fitness and attitude. Before any game of golf, ensure that you have at least a 10 minute warm up and equally as important, a cool down after the 18th green.

5. Golf and Therapeutic Massages

A full range of Massages are available to help improve the flexibility of the body to help improve the golfer's performance on the course.

6. Pilates and Core Stability

To maintain the body's flexibility, many golfers regularly attend Pilate's classes.

7. Ergonomics and Posture whilst at work

Off the golf course it is equally important to have the correct posture whilst at home and at work. A damaged or aching back is not the way to walk up to the first tee. A full range of ergonomic assessments is available to the golfer.

Link to the following golf pdf's

1. A guide to the special treatment of golf injuries (still to be added)
2. A guide to improving Spinal mobility and preventing back pain in golf (still to be added)
3. A guide to handling your buggy and carrying your golf clubs (still to be added)

[4. The Healthy Golfer, Play Golf for Life](#)

[5. Fit for Golf with Henrik Stenson](#)

[6. The Healthy Golfer, My travels and clientele in 2006](#)

7. Ramsay McMaster, Golf Specific Physiotherapist (still to be added)

Golf Clinic London : Golf Clinic Putney : Golf Clinic Fulham : Golf Clinic Barnes : Golf Clinic Chiswick