RAD GOLF 1

FOUNDATIONS OF GOLF MOBILITY AND ASSESSMENT

AVAILABILITY: **Online and in-person**

PREREQUISITES: **None**

CEC's: **5 hours**

DESIGNATION UPON COMPLETION:
RAD Mobility and Recovery Specialist

WHAT PEOPLE ARE SAYING

The RAD Golf Course is a must-have for trainers and coaches who work with clients who play golf either professionally or recreationally. Most courses just tell you what to do to solve a problem. RAD goes into the why and how so I can make a more customized recovery schedule for my athletes. The course provides the knowledge and tools to enhance the client experience and keeps them resilient specific to their sport. Resources are also readily available, including a course manual and example case studies, and the free app is amazing. I highly recommend this course!
- Darren, California

BENEFITS OF RAD MOBILITY PRINCIPLES

Enhanced joint range of motion
Improved recovery time
Increased athletic performance
Reduced risk of injury
Tissue and joint alignment
Balance of mobility and stability

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RADROLLER.COM

LEARNING OBJECTIVES

- Integrate the RAD Trio Golf Assessment protocol and use the data to inform your intervention plan
- Create individualized golf mobility intervention plans for your athletes/clients
- Comprehend the do's and don'ts of self myofascial release (SMR)
- Gain a complete understanding of what movements are required of the golfer and contributing tissues in order to swing the golf club as efficiently as possible
- Discuss which joints are vital for movement during the golf swing
- Comprehend the planes of motion and why they are important to the golfers body
- Explain how stability and mobility play a role in movement restrictions in the golf swing
- Understand current theories and effects of SMR and why it works
- Demonstrate best practices for using each of the RAD Roller tools
- Practice utilizing and describing in detail each of the three RAD Roller SMR techniques
- Scan different regions of the body applying one or more of the RAD Roller techniques with the appropriate tool
- Articulate the importance of how much force is required to elicit tissue mobility change and in what direction force needs to be applied