

## Health And Fitness

By Ralph Simpson

# Bodyblade®—Let The Force Be With You

**D**ollies, medicine balls, gymnastic balls, light weights, heavy weights, rollers, and on and on. There are numerous exercise tools, but not all of them are necessary for every program. Now here's another tool to add to the list—the Bodyblade.

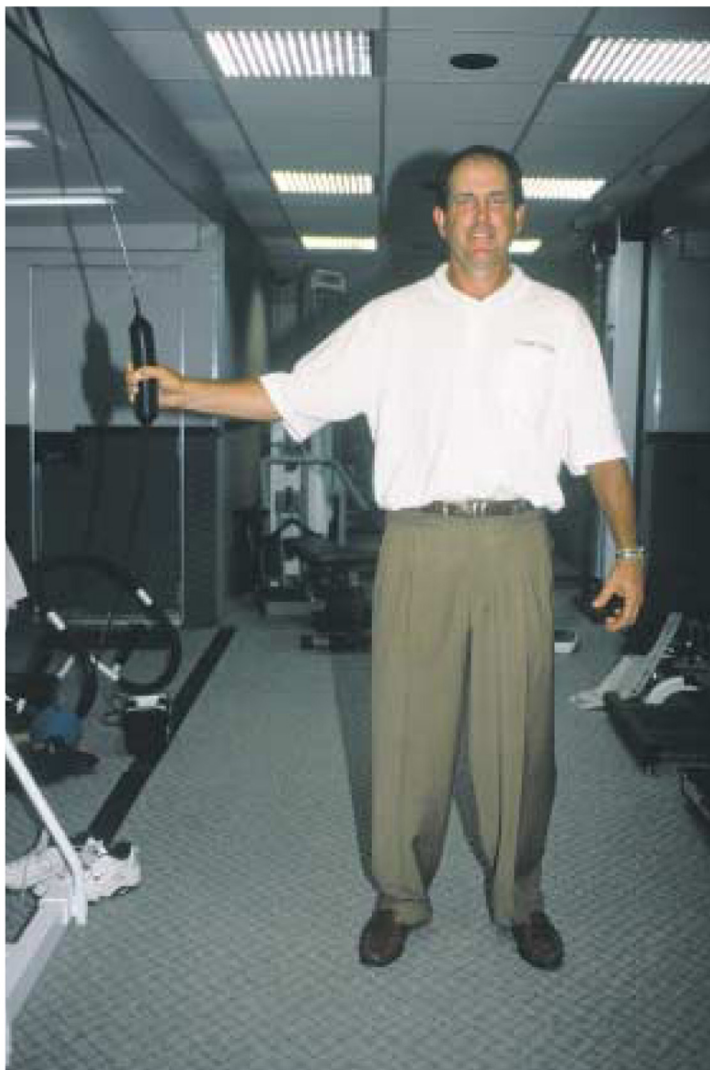
Athletics use many types of muscle contractions, and a proper training program must reflect these different functions.

Muscles use three types of contractions: isometric (tension that is produced without movement of the body parts); concentric (tension that produces movement approximating body parts); and eccentric (tension that allows body parts to move apart but under control).

Golf incorporates all three. The Bodyblade is one tool that challenges the muscles and joints, using all three muscle systems at once.

The Bodyblade isn't the only way to achieve this type of training, but the sensitivity and shape of the blade allows us more variability, particularly in regards to positioning. Essentially, the effort is to keep the blade in a rhythmic motion that requires coordination and strength.

In the photo, PGA TOUR veteran Jay Haas is using the blade in a basic position, at his side, but I often have



PGA TOUR veteran Jay Haas is using the Bodyblade in a basic position, at his side. The blade trains specific golf-related muscles, tendons and nerves through small, rapid contractions.

players use specific golf postures for training exercises. Even with the Bodyblade at his side, Jay must use the isometric contractions of his torso to keep his body from moving as he oscillates the blade in a continuous motion. The small muscles in his lower back also become active in positioning the vertebrae for stable movement. At the same time,

concentric and eccentric contractions are used by the upper extremity in a very rapid fashion. This rapid acceleration and deceleration, followed by another acceleration in the opposite direction, places specific stress to the muscles and tendons of the limb and the small nerves in the joints. This helps the muscles learn to contract faster.

This latter benefit is especially helpful in the rehabilitation of tennis elbow and rotator cuff problems.

One of the problems encountered in the rehabilitation of injuries is timing... timing of contractions, that is. Research has shown that our body and our muscles abilities to move in a synchronous, coordinated fashion is damaged by injury. This is true whether the trouble is a small area like the elbow or a bigger area like the low back. Often pain-free function is not returned until this timing is

made normal again.

Using a tool like the Bodyblade, that provides an oscillating force, is one way we can get the pros back in the swing of things rapidly. ✂

*Ralph Simpson is a certified manual physical therapist for the HealthSouth Player Fitness Centers on the PGA TOUR and SENIOR PGA TOUR.*

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