

# First Aid Facts on Golf's FAQs

By: John Carpineta

**BE ADVISED**, this article requires no referral, medical plan or co-pay. It is absolutely free. The only two requirements will be an open mind and honesty.

After the initial consultations, second opinions and countless follow up visits, the Golf Doctors that are PGA Professionals have isolated and listed the most common ailments among the amateur ranks.

1) "Why don't my good shots on the driving range translate onto the course?"

Here are the charts detailing the differences between the two venues: The driving range offers relaxation, with no pressure and unlimited Mulligans with no consequence for a bad shot. There are good mats and true lies, and no one is watching, judging or even noticing. On the links, it is quite different. The rest of the foursome is watching every shot, which adds pressure and makes it difficult to relax. Moreover, they are all "doctors", with advice on the ultimate swing cure. Furthermore, the group behind you is bearing down, increasing the tension. Finally, every shot counts, or at least matters, and there are no do-overs. More angst. Like surgery, you get one crack at it, so don't miss. So.. what's the cure?

All that tension manifests itself in the form of increased grip pressure, which leads to squeezing the club. The prescription? Grip the club in the thumbs and forefingers of both hands. These fingers control the smaller muscles on top of the forearms. There's also fewer muscles "on top." The last three fingers of the trailing hand activate the lower, more numerous muscle group WHICH EXTEND BACK TO THE ELBOW, thus retarding its fluidity, making it nearly impossible to close and open the trail elbow, reducing club head and accuracy. This theory is echoed in the philosophy of the great Julius Boros, who swung easy and hit hard.

2.) Poor shots on the course can also be traced back to the golfer's dishonesty in his original self-evaluation, or possible misdiagnosis reading the quality of those "good shots on the driving range." Does the range session consist of 65 driver shots and a few chips and that's it? Are you only practicing your strengths? The same honesty required in marking the scorecard is required when arranging a practice regimen.



No wonder players lay the sod over pitches; or chip onto the green, past the hole, then off the green; or stare at the ball buried in deep grass with a puzzled look; struggle with uphill or downhill lies; leave the ball in the sand, and so on...all things that can not be replicated from the range. The "take-two-and-call-me-in-the-morning" answer is to **PLAY MORE ON THE COURSE!** That being said, there are jobs, families, deadlines and commitments that all require attention before teeing off. Here are a few quick antidotes for the illness of 'not enough time':

See your local PGA Pro and book a "playing lesson". He's wise enough to know when the golf course is most conducive for this venture. It's a few more bucks perhaps, but the rewards will be many, as he now can see you how you operate "on course"..

Getting to the heart of the problems.. Put the woods away and spend some time on the putting green, as well as the sand and rough surrounding it. Use this location to work on the shots that you can only find on the links. Challenge yourself to hit five consecutive chip shots to within the "four-footer" range, and don't be discouraged if it takes 25 to do it! Vary the location of the ball as well, so that no two shots are exactly the same.

Finally, a steady diet of quality, not quantity, will develop the habit of making every practice shot meaningful. Thus, when tournament time comes, you have rehearsed and had success at a variety of golf shots.



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