

Silent Auction Saves Woman's Knee

By Debra Pentz, DC, TPI Certified

The Ladies Golf Association at Red Mountain Ranch held a fundraiser last winter. The fundraiser included raffles and a silent auction. Silent auction items included beautiful gift baskets, golf clothing, and gift certificates to local restaurants. One of the unique items offered was a Titleist Performance Institute (TPI) Assessment for Golfers. TPI is a common feature on the Golf Channel, but many of the fundraiser attendees weren't quite sure what this offer was all about so I fielded a lot of questions.

One of the most interested individuals was Mary Ann. She had already had a right knee replacement, and was pretty sure she was headed for a left knee replacement. Her golf game had been horrible. She contributed this mostly to the excruciating pain she was experiencing in her left knee. She was considering giving up the game, until she had the knee replacement done. She asked if I thought I could help her. She made it clear that she didn't want to change her golf swing and that her primary concern was her knee. I explained the testing protocol. She seemed skeptical. Mary Ann, a retired nurse, frankly told me that she really didn't understand chiropractic. I explained that a team that included physical therapists, professional golfers, chiropractors, professional trainers and other medical professionals developed the testing protocol. Mary Ann was intrigued by the testing protocol and she made the winning bid on the item.

When I did the assessment, which included a videotape of the golf swing and the physical tests of mobility and stability, Mary Ann had limited pelvis, hip and ankle mobility, which caused excessive knee torsion. The exercises prescribed focused on increasing the mobility of the pelvis, hips and ankles. We also discussed how to she should back down the elevated greens at the Red Mountain course to alleviate pressure on the knees. The swing video was sent to Peggy Briggs, LPGA golf professional for evaluation. Peggy's evaluation showed a sway on her back swing and consequently a slide on the forward swing. This slide forward was causing major stress on her knee. Peggy agreed that a golf fitness strategy to work on the areas that were limited in the assessment might be able to relieve the pressure on the knee.

Mary Ann was very compliant with the exercise regiment that took about 20 minutes 4 – 5 days per week. After several weeks she reported great progress, and she finished first in her flight in the ladies league at Red Mountain Ranch.

The best news was that when she visited her orthopedic surgeon, the knee replacement was not necessary. Arthroscopic surgery was adequate to clean up some of the cartilage damage in the knee. Mary Ann is enjoying improved golf that is pain free.

Many golfers who use the TPI system are professional golfers, but it is helpful for golfers of all ages. Did I mention that Mary Ann just turned 71?

The AWGA had several members who are TPI certified. To locate them, go to www.mytpi.com.