

## Taking time to stretch

### Aid helps golfers use proper form

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For many golfers, the pre-round "warm-up" consists of swinging a driver three times before teeing off.

Is it any wonder that back, neck and shoulder problems are so prevalent in the sport, especially at the recreational level?

Most people are at least vaguely aware that gentle stretching before physical activity is good for the joints and muscles. But too many golfers don't know what that entails and wind up paying a price - both on their scorecards and in visits to the chiropractor.

Help is just a Golf Stretcher away.

Thanks to Jack Wilson and his patent-pending stretching aid, golfers of all abilities have an easy-to-use tool that can keep them limber, help prevent injuries and even improve their scores.

"Golf Stretcher allows you to move the joints of the wrist, shoulder and spine in a fashion that you cannot do without the product," said Wilson, founder and president of Innovative Fitness Inc. of Stratford.

Golf Stretcher is ingenious in its simplicity of design. It's an adjustable-length bar with handles on both ends that rotate 360 degrees. It comes in two pieces that snap together in seconds and fits easily into a golf bag, briefcase or duffel bag.

Sam Voight, a licensed athletic trainer, is impressed by Golf Stretcher's versatility.

"It's probably the most effective tool that I have seen as a clinician to help me help a patient facilitate range of motion, flexibility and initial strengthening, especially right after injury," Voight said. "So there's more application for it than being just a golf stretcher. It is a beautiful tool for helping with flexibility and joint stability of the shoulders."

Voight said he used GolfStretcher to help his patients - many of them athletes - achieve "perfect posture." He has used the bar on football players and swimmers with shoulder injuries, with good results.



*The Golf Stretcher will help players properly stretch before the beginning of a round. Stretching helps reduce injuries.*

"We all have this forward position in which our shoulders droop forward, our spine is flexed and our head is forward and that causes a lot of problems in Americans today," Voight said. "When we type, drive a car, read a book, watch TV - a lot of these sedentary things - this forward posture occurs."

"For those who have that forward posture, this bar works as a tool to get them into the perfect posture and then to be able to hold it for a longer period of time."

Wilson, who has invented fitness products used by the Milwaukee Bucks, Denver Nuggets and University of Wisconsin athletes, said gentle stretching with the Golf Stretcher on a regular basis can increase flexibility.

"It's both a tool to warm up on the course and a tool to increase flexibility off the course," he said. "We're really increasing the range of motion and flexibility in people. That's so important, especially as we age."

"Golf is really a game of flexibility. There's no game that involves more twisting and turning than golf."

Players on the professional tours understand that flexibility is one of the keys to preventing injuries and achieving a smooth and powerful swing and spend many hours in the gym.

Many recreational players don't have the time or desire to commit to such a rigorous fitness program. For them, Wilson's invention could be the answer to sore backs and stiff shoulders.

Golf Stretcher comes with a 4 Minute Performance Enhancement Program.

For more information, visit [www.golfstretcher.com](http://www.golfstretcher.com).