



EDUCATA

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Golf: Balance as a Function of Vision and Proprioception

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Note to Participants: There are interactive pop-up questions throughout this lecture. If you choose to pause the lecture and return at a later time, a natural break time would be after answering the interactive questions. (You are able to pause at any time and the presentation will "remember" where you were. It's just a more natural time to pause after the interactive questions.) For your convenience, this outline reflects where/when within the lecture the interactive questions occur.

This lecture has 77 slides and is 71 minutes in duration.

I. Four systems for balance

A. Muscular strength

1. Rehab and training to enhance performance and protect the knee
2. Preventing muscle loss and injury
3. Eccentric exercise

Interactive Questions – slide 15 @ 15 minutes

B. Proprioception

1. Mechanoreceptors
2. Assessment of neuromuscular system
3. Balance testing
4. Neuromuscular training
 - a. ACL injury prevention
 - b. Perturbation training
 - c. Plyometrics

Interactive Questions – slide 56 @ 50 minutes

C. Vestibular

1. Identifying vestibular hypofunction
2. Other vestibular tests
3. Perturbation program

D. Visual

1. What does the athlete see?
2. Theoretical VOR in swing
3. Vision and putting for the elite golfer
4. Location of gaze

Interactive Questions – slide 75 @ 68 minutes

II. Summary

Notes