

RAD GOLF EDUCATION

COURSE	WHO'S IT FOR?	TIME	ONLINE	CECs
RAD Golf: Foundations in Golf Mobility and Assessment  	Golf enthusiasts Swing Coaches Golf Pros Fitness Pros	~ 5 hours	Yes	NASM: 0.5 AFAA: 0.5 ACSM: 0.7 ACE: 0.7

WHY RAD GOLF?

Take your golf game to the next level by restoring usable range of motion without impacting performance with the RAD Golf Mobility System. Learn how to assess where a golfer requires mobility most and how to provide a suitable intervention that will stand the test of time.

COURSE DESCRIPTION

Are you looking to improve the force production on your drive? What about enhancing proprioception in the tissues that need it most so you miss fewer putts?

Participate in this course so you can walk away with immediate solutions you can apply to your game. We bring the most up-to-date research surrounding the nervous system, muscles, fascia, movement, and mobility and stability exercises that you can immediately apply to create the most effective golf-specific mobility, recovery, and injury reduction training program.

LEARNING OBJECTIVES

- Integrate the RAD Trio Golf Assessment protocol and use the data to inform your intervention plan
- Create individualized golf mobility intervention plans for your athletes/clients
- Gain a complete understanding of what movements are required of the golfer and contributing tissues in order to swing the golf club as efficiently as possible
- Discuss which joints are vital for movement during the golf swing
- Comprehend the planes of motion and why they are important to the golfer's body

- Explain how stability and mobility play a role in movement restrictions in the golf swing
- Understand current theories and effects of self myofascial release (SMR) and why it works
- Demonstrate best practices for using each of the RAD Roller tools
- Practice utilizing and describing in detail each of the three RAD Roller self myofascial release techniques
- Scan different regions of the body applying one or more of the RAD Roller techniques with the appropriate tool
- Articulate the importance of how much force is required to elicit tissue mobility change and in what direction force needs to be applied
- Comprehend the do's and don'ts of self myofascial release