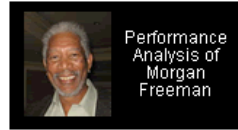


CURRENT ISSUE



New Training System can help Golfers

If you want to add finesse and oomph to your golf swing, then you might want to consider a new training system called Gyrotonic, now available here in the Dallas/ Fort Worth market as I recently discovered.

This system of rotational exercises had been used previously by dancers, martial artists, physical rehab patients and some celebrities, but certified instructor Patti Granoff agrees with other experts that ultimately its greatest appeal might be for golfers since it lengthens muscles and loosens joints. Granoff recently relocated from New York City where she had the opportunity to study with some of the Master Gyrotonic trainers and Paul Horvath, a German physiotherapist who applies this type of training to therapeutic work.



She pointed to touring professionals Andrew Magee and Mark Wilson as believers in the system along with baseball players like Reggie Sanders of the St. Louis Cardinals and Paul Konerko of the Chicago White Sox.

“If players at the top level of the game don’t take time to take care of the physical needs of their bodies, they don’t get the most out of their games,” Granoff explained.

“Most athletic training focuses on the large muscles in the arms and legs,” she said. “Gyrotonic training concentrates more on the smaller muscles. It’s unique in that it also strengthens connective tissues in and around the joints of the body and improves range of motion. The result is more flexible, whip-like physique.” To get a better understanding, Granoff gave me a quick session in her studio located at 5019 North Central Expressway— on the west side between McCommas and Monticello.

The exercises are performed on the Gyrotonic Expansion System, a combination of a bench and pulley tower that was designed by Juliu Horvath, a former gymanist, dancer and swimmer who escaped from Romania to the U.S. in 1970, to help him with a yoga-like training he needed to overcome an injury. First, Granoff had me secure my hands in leather straps to the pulley tower and perform a series of exercises on my back that definitely loosened up my back muscles at the same time. She even had me doing scissor kicks and bicycling with the weights adding resistance.

Then she had me grasp the handles of a pair of rotating wheels on the end of the bench and perform clockwise and counter clock-wise exercises while arching my back. Although just a short session, I definitely feel that Gyrotonic training is something I want to do in the future, helping me gain more flexibility and maybe allowing my left knee to loosen up.

Less than a week after the session, I posted my best round of the year—a 72 at the Trails of Frisco. One-hour sessions are available for \$75 by calling Granoff at 917 414-8570, but most likely a series of up to 10 will produce the best results.

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