

Neurokinetic of Golf

Neurokinetic therapy is the science of motor control theory where the brain (cerebellum) motor control centers stores all coordination patterns of the body. This system is directed by the limbic system and the cerebral cortex. The communication between these systems generates movement patterns and when we are injured an alternate movement pattern is created.

If you watch a newborn, the infant takes a certain time period to move its head, another time period to sit, and an additional time period to crawl. This is normal function.

If an injury occurs to the body, alternate movement patterns are created and those patterns are retained in the body until they are broken and the negative feedback communication changes.

In the above concept of the normal child neurological development, an infant will crawl later in their life due to a fall that injured part of their proper development.

Neurokinetic of golf was formulated after Vijay Singh had a problem with his hip (this was literally 15 minutes before his tee time at the Players Tournament). And if you know anything about PGA Tour players, you do not mess with them before they tee off!

Vijay was on the range warming up before his round and asked me to look at his hip. What I noticed was a change in the motion of his right foot, not his right hip. In minutes I fixed his issue with his hip. By the way, it was his big toe (the extensor hallucis) and posterior tibialis muscles that were the root cause of the hip issue. I provided a treatment protocol for him to perform during his round. He was able to complete his round without pain and played well.

This is where Neurokinetics of Golf became real. Vijay asked me to write everything I know down and teach it to everyone. Vijay said to me “After all my years on the tour, no one knows what you know. Thank you again.”

What does Neurokinetics mean?

When an injury occurs the motor cortex finds an alternate pathway to create the same function. Yet this substitute pathway is not the same function, it is a dysfunction. We call it a negative engram or negative feedback loop.

Meaning, if this pattern remains or continues to persist in the motor control center the dysfunction and pain will follow. Over time you have biomechanical disuse and

pathology, which will create an increase of the negative engram. This negative feedback loop creates even more dysfunction and greater joint and muscle compensation leading to biochemical imbalance. To undo the alternate pattern, create proper tone and restore the proper engram, this is where the art and science of Neurokinetics come together. In this process Neurokinetics was born.

***Neurokinetic therapy** is an excellent way to repair and correct a swing fault and bring it back to the proper swing tone. Neurokinetics of golf was created due to the effectiveness and speed to alter the golf swing on the PGA Tour. Repairing the dysfunction of the body allows for longevity of life.