

# MOTION MONTHLY

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## Nutrition Corner: Omega 3 vs. 6

Omega 6 fatty acids are highly prevalent in the standard American diet. Foods containing wheat, corn, peanuts, and soybean oils are high in Omega 6 fatty acids which is an inflammatory acid used to fight infection. But there can be too much of a good thing. Omega 3 fatty acids are anti-inflammatory and can be found in flaxseed, walnuts, and wild caught salmon to name a few. Ideally we would have a 1:1 ratio but the average diet can be 30:1. Yikes!

## E-Book Release

Laws of Motion is excited to have released the new e-book, "Unlocking Your Golf Swing", and is available for a free virtual download. Click [here](#) to download your copy today!

## Community

Laws of Motion is proud to announce that we have made a donation to Lily's Pad in Tempe with a percentage of revenue from quarter 2.

## Golf and Back Pain

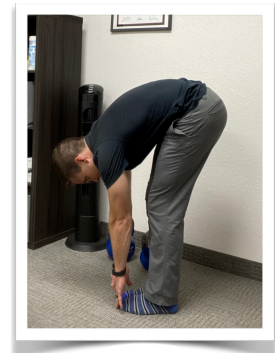
Low back pain can be an aggravating injury and even worse when it keeps you in the clubhouse. While back pain can be caused by a wide variety of factors, here are three movement screens to assess your movement efficiency. Inability to perform these can lead to swing compensations, shot inconsistency, and an increased risk for injury.

- ♦ Glute Activation - Begin by laying on your back with your knees bent, feet flat on the floor. Lift your pelvis up off the floor and maintain a neutral pelvic position (no rotation). Hold this position for 10 seconds. Watch for shaking or cramping.



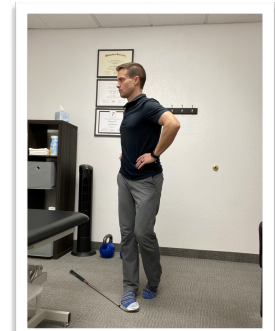
[Click for Corrective Exercise](#)

- ♦ Toe Touch - Bend forward reaching for your toes without letting the knees bend. You touch the toes, you pass. You don't touch your toes, you don't pass.



[Click for Corrective Exercise](#)

- ♦ Hip Rotation - Keep the testing leg straight and put a slight bend in the opposite knee with toes touching for balance. Turn your body as far as you can in each direction while keeping your hands on your hips. This will assess hip rotation, knee health, and foot/ankle health and mobility.



[Click for Corrective Exercise](#)