

GOLF BACK METHOD

Presented by Michael LaBella & Dr. Andrew Dulak

FREE REPORT

Stop Blaming Your Age.

The Real Reason Your Back is Ruining Your Golf Game - and the Proven Method to Fix It.

Specifically Designed for Avid Golfers Over 45

Who have given too many strokes to pain they were told was just part of getting older.

You Made the Right Call.

If this report is in your hands, it means you have done something most golfers never do: you decided to stop accepting back pain as the price of the game you love.

You know the feeling. You finish the back nine and you can barely get out of the cart. You wake up the morning after a round and the first thirty minutes of your day are just about getting moving again. Maybe you have noticed your drives are shorter, your ball-striking is less consistent, your scores are creeping up - and deep down you know it is not just your swing. It is your body fighting against you.

For golfers like you - those who have been playing seriously for a decade or more, who still play at least once a week, who are not ready to give up the game - back pain is not just a nuisance. It is stealing something from you.

Does any of this sound familiar?

- ✓ **Loss of driving distance** - more than 10–20 yards off your peak
- ✓ **Inconsistency shot to shot** - can't repeat your swing the way you used to
- ✓ **Scores going the wrong direction** - despite years of experience
- ✓ **Pain during the round** - especially holes 12–18 when your back tightens
- ✓ **Pain after the round** - the next day recovery takes longer every year
- ✓ **Compensating without realizing it** - your body is protecting itself at the cost of your swing

If you checked even two or three of those, you are not alone. In fact, research compiled through the Golf Back Method program - working with over 10,000 golfers across 40+ years of combined experience - shows that the vast majority of recreational golfers over 45 are playing with at least one physical limitation directly affecting their swing mechanics. And most of them have never had it properly diagnosed or addressed.

That changes today.

Introducing the Golf Back Method

The Golf Back Method is not a generic fitness program or golf lesson. It is not a collection of yoga stretches with a golf club photoshopped in. And it is absolutely not another tip about “keeping your head down.”

This is a structured, research-based program built specifically for the avid golfer over 45 who is dealing with back pain - designed from the ground up by two of the most respected names in their respective fields.

Michael LaBella, PGA

Golf Digest Top Young Professional

Director of Golf Performance, BCC

Michael brings elite-level swing instruction to the equation. As a Golf Digest Top Young Professional and the Director of Golf Performance at Butler Country Club, he has spent his career understanding the mechanical relationship between a golfer's physical condition and the quality of their swing.

Michael's approach doesn't start with the club - it starts with the body. His analysis framework identifies exactly how physical restrictions show up as swing faults, so that every correction is grounded in what your body can actually do.

Dr. Andrew Dulak, DPT

Golf Digest Best Fitness Trainers in America

TPI Specialist, Doctor of Physical Therapy

Dr. Dulak is a Doctor of Physical Therapy, Titleist Performance Institute Certified Level 3 Medical, and one of Golf Digest's Best Fitness Trainers in America - a distinction that speaks to his unique integration of clinical rehabilitation and golf performance.

He has worked with golfers at every level, from weekend warriors to professionals, addressing the root physical causes of both injury and performance decline. His expertise ensures that every protocol in the Golf Back Method is safe, clinically sound, and built to last.

Together, Michael and Dr. Dulak represent something rare: the intersection of elite golf instruction and clinical physical therapy, unified by one shared mission - to help serious golfers over 45 get back to playing pain-free, longer, and better than they have in years.

Why Everything You've Tried Before Hasn't Worked

Most approaches to back pain in golf treat the symptom. They give you a stretch or an exercise and say, "try this." Or they tinker with your swing without ever looking at whether your body is capable of making that change in the first place. The result? Temporary relief at best. More frustration at worst.

The Golf Back Method is built on a different premise:

"You cannot fix a swing problem that is actually a body problem by working on your swing."

Over more than 40 years of combined experience and through detailed analysis of over 10,000 golfers, Michael and Dr. Dulak have identified a consistent pattern: nearly every case of back pain in avid golfers over 45 traces back to a specific and identifiable combination of physical limitations and swing compensations.

Once you know your pattern - your actual root cause - the solution becomes clear, targeted, and fast-acting. That is what the Golf Back Method delivers.

But before we can prescribe the solution, we have to find your root cause. And that is exactly what this report - and the self-assessment process it introduces - is designed to do.

Your First Step: The Golf Back Self-Assessment

Every Golf Back Method journey begins in the same place: a comprehensive self-assessment that combines physical testing with golf swing analysis. No guessing. No generic advice. Just a clear, data-driven picture of what is actually happening in your body and your swing.

This assessment has two components:

Part One: The Four Physical Tests

These four tests have been refined through the analysis of over 1,000 golfers and decades of clinical and instructional experience. Each one targets a key physical system that has been identified as a primary driver of back pain and swing breakdown in golfers over 45.

Free instructional videos are available for each test, walking you through exactly how to perform the assessment safely and accurately at home - no equipment required.

TEST 1: Hip Mobility & Rotation Screen

What it reveals: How your hip rotation is limiting your backswing and follow-through - and loading your lumbar spine

- Measures internal and external rotation in both hips
- Identifies asymmetries that force your spine to compensate mid-swing
- Directly correlates to loss of distance and the early morning back stiffness most golfers report
- Watch the free video: Hip Mobility Screen Walkthrough

TEST 2: Pelvic Dissociation Test

What it reveals: Whether your pelvis/hips can rotate independently.

- Assesses the ability to separate the lower body from the upper body
- Identifies the compensatory patterns that put excessive shear force on L4-L5 and L5-S1
- One of the most overlooked contributors to chronic low back pain in golfers
- Watch the free video: Pelvic Dissociation Test Walkthrough

TEST 3: Glute Activation & Posterior Chain Test

What it reveals: Whether the muscles designed to protect your spine are actually firing—or if your back is taking over

- Tests the functional activation and strength of your gluteal complex
- Identifies inhibited posterior chain patterns that increase lumbar loading throughout the swing
- Weak or inhibited glutes are found in the overwhelming majority of golfers with chronic back pain
- Watch the free video: Glute & Posterior Chain Test Walkthrough

TEST 4: Balance, Stability & Ground Force Assessment

What it reveals: How your body manages ground reaction forces through the swing—and where instability is creating injury risk

- Evaluates single-leg stability, weight transfer patterns, and dynamic balance
- Identifies the instability patterns that cause compensatory movements in the downswing
- Directly linked to inconsistency, compensatory early extension, and lower back strain
- Watch the free video: Balance & Stability Assessment Walkthrough

[Click Here for Free Video Tests](#)

Part Two: The Golf Swing Analysis

Physical limitations don't stay in the gym - they show up on the course. The second component of the Golf Back Method self-assessment is a structured swing analysis protocol developed by Michael LaBella that cross-references your physical test results with specific swing patterns known to cause back stress.

Using a simple video of your own golf swing (taken with any smartphone), you will walk through a guided analysis framework that identifies:

- Early extension patterns caused by limited hip mobility
- Delayed getting to trail side caused by pelvic dissociation muscle control
- Steepness in shaft plan in transition caused by decreased lead side balance
- Swing plane breakdowns connected to instability and poor ground force use
- Compensatory moves your body has developed to protect itself

[Click Here for Free Video Tests](#)

This combination of physical screening and swing analysis - the same approach used with over 10,000 golfers - is what makes the Golf Back Method fundamentally different from anything else available to the recreational golfer. It does not treat your back pain and your swing as separate problems. It treats them as one.

What Your Results Will Tell You

Once you have completed both parts of the self-assessment, you will have something most golfers have never had: a clear, specific picture of the physical limitations and swing compensations that are at the root of your back pain and your performance decline.

That picture becomes the foundation for your personalized Golf Back Method program - a structured sequence of targeted physical work and swing adjustments, guided step by step by Michael LaBella and Dr. Andrew Dulak, designed to:

- ✓ **Eliminate the root physical restrictions** - not just mask the symptoms
- ✓ **Retrain the correct movement patterns** - so your body works with your swing
- ✓ **Restore power, distance, and consistency** - by giving your body what it needs to rotate freely
- ✓ **Create lasting, pain-free golf** - built on a foundation that holds up round after round
- ✓ **Add years to your playing career** – enjoy the game you love

Golfers in the Golf Back Method program regularly report:

- Noticeable pain reduction within the first 2-4 weeks
- Return of 10-25+ yards of driving distance
- Improved ball-striking consistency within 6-8 weeks
- Ability to complete full rounds without significant pain
- Stronger, more powerful swing mechanics they thought were behind them

These are not anomalies. They are what happens when you address the actual cause of the problem - not just the symptom.

A Note from Michael & Dr. Dulak

We built the Golf Back Method because we were tired of watching great golfers accept a diminished version of the game they love. We have seen it too many times - a golfer with real skill, real passion, real dedication, who starts limiting themselves because their back won't cooperate. They play fewer rounds. They lose distance they feel like they'll never get back. Some of them quietly start thinking about giving up the game.

You do not have to accept that. The research is clear. The protocol works. And the first step-the one you are taking right now - is the most important one.

Welcome to the Golf Back Method.

Michael LaBella | Dr. Andrew Dulak, DPT

READY TO GET STARTED?

Access your free video walkthroughs for all four physical tests and the swing analysis protocol at:

[Click Here for Free Video Tests](#)

Your game is not behind you. Let's prove it.

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This report is intended for informational purposes only and does not constitute medical advice. Consult your physician before beginning any exercise or physical therapy program.