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Instruction



How I rebuilt my knee and my golf swing

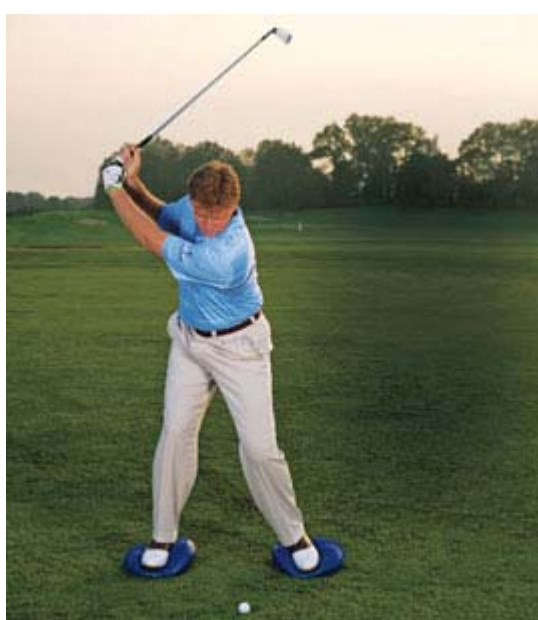
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I couldn't have recovered half as quickly as I did without the help of my physical therapist, Sophie Dhenin (above). Luckily for me, she's just down the street from me, near Wentworth, so as soon as I could get on my feet, we started working. In the picture above, she has me buckled into what I call "the torture chamber." The ATM2 was designed for rehabbing back problems, but Sophie adapted it for my knee. By looping thick rubber straps around different parts of my leg, she can make me work a variety of muscles, from my calf to my hamstring. And does she ever. I'm shaking and exhausted after 20 minutes. But I was hitting pitches six weeks after surgery.

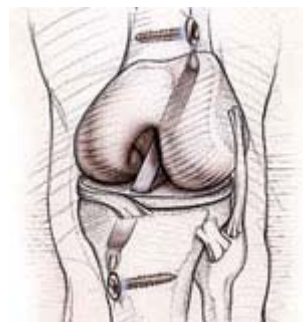
By the time the World Match Play Championship came to Wentworth in September, I was able to walk around the course, watch some of the golf and practice chipping and putting. Soon after that, I graduated to the drill you see here. Sophie gave me two rubber balance disks to stand on while I hit pitch shots. The disks make you pay close attention to where your weight is at address and how it moves through the swing. Because the disks are unstable, you have to use the small muscles in your legs, back and stomach to stay balanced. It's a great workout, and it also makes you feel very solid over your feet when you get back on the grass. The disks worked so well that I'm taking them with me when I travel this year.



My surgery



The reconstruction of the ACL (the major stabilizing ligament) in my left knee was performed by Dr. Andrew Unwin at the Princess Margaret Hospital in Windsor, England. Dr. Unwin grafted a piece of one of my hamstring tendons onto the ruptured ACL -- which is circled on my



MRI on the left -- and it's now stronger than it was originally. The new tendon is actually locked into bone around my knee with small screws (right).

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