

Golf health and Fitness

Article: **What to do about those golf injuries!**

There is nothing more satisfying and relaxing than a peaceful morning on the golf course, getting together with some good friends, and reflecting on past memories and embarking on some new ones.

But just like Murphy's Law states; "If something can go wrong, than it will go wrong". Having just reached the back nine of a very challenging course, and a decent score to boot, you notice the elbow and shoulder are starting to ache, then after a couple more drives, the back and knees are beginning to hurt.

Suddenly you are finding it difficult to keep the ball on the fairway, and double bogeys are becoming more frequent than ever before. Your score is beating your blood pressure to the punch, and frustration is setting in. Golf isn't so fun anymore, and the peaceful morning is left behind.

Finally, you finish 18 holes, but feel crippled as you drag yourself to the infamous 19<sup>th</sup> hole to recover and settle down.

So it's back to the drawing board! You must go back to your golf pro, and have him/her analyze your mechanics, then see a physical Therapist, or a qualified fitness trainer to figure out physically why you are "Breaking down".

Here are some of the most common golf injuries!

1). Back sprains and strains, 2). Elbow tendonitis 3). Wrist tenosynovitis 4). Rotator cuff strains, 5). Collateral knee ligament sprains.

What do you do when you get injured? For the first 72 hours after an initial injury you should use ice, with compression and elevation. If the injury worsens and you lose mobility, seek a doctor's advice, for further testing.

So what causes the body to breakdown over time?

1). **Poor Posture-** By not addressing the ball correctly, (rounded back and shoulders, with a forward head), you are setting your swing up for failure, because mechanically speaking, if the working joints aren't aligned correctly then accuracy and consistency will suffer. Over time, with poor posture there is added shear force stress placed on the joints above and below the misaligned region. Injuries to the discs and supporting ligaments are very common. 2). **Overuse-** When the body must compensate for injured body parts, those muscles that are assisting, become overused and weakened, and the tissues chemical structure changes in response to the stress which then results in loss of support. 3) **Poor conditioning-** Poor mental and physical conditioning is the main reason why the body breaks down. If you think about it for a moment, that every joint in the vertebral column is being utilized during the golf swing, so there must be muscle balance between opposing muscle groups in order for there to be stability or else injury is likely to follow. Training frequently and efficiently is necessary for there to be improvement in

performance. This means stretching everyday, and working on a golf specific exercise program to improve stability and strength, while decreasing the chances for injury.

4). **Poor technique-** You can practice and play 24 hours a day 7 days a week, but if you don't work on good technique it really won't matter. Golf is a game that requires constant attention to details. It is so easy for most recreational golfers to forget what they have learned from their instructor, that after 2 weeks they need another lesson on the same flaw. Some golfers have good muscle memory where they pick up what the pro is trying to teach them, because they are athletically inclined, and others can't repeat the same swing twice.

So seeking out a qualified golf pro, and a physical therapist/ fitness trainer is your best bet in reducing injuries on the golf course.

Golf is more enjoyable when you can perform up to your potential, and play pain free!

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