

Golf health and fitness

Article: **Senior Golf Alert: You shouldn't have to give up the game!**

There aren't too many things to look forward to when we reach an age where everything seems to be falling apart. But for many, golf seems to sooth the soul, at least for a short time, for they will put up with some pain just to enjoy a sport that has been apart of them for a great deal of time..

As we age not only does our metabolism and lifestyle slow down, but our healing time and tolerance to pain does too.

We also cannot treat our bodies like we are 21 anymore, which means choosing a sport that your body can handle along with a good fitness program.

I have treated so many senior golfers that thought their playing days were over with. They just couldn't enjoy golf anymore because of the chronic pain and physical limitations that they were experiencing. But just after a few sessions with the program they were able to increase their flexibility and the joints that weren't moving very well for such along time, were moving better.

As we age we lose elasticity and circulation to the connective tissues. Which means we will lose range of motion in the joints and feel stiff with increased activity. So it only makes sense to stretch what is tight, and increase the blood flow to the working muscles by way of aerobic conditioning.

Golfers are the most difficult type of individuals to get through to as far as getting them to see the importance of an exercise program. There is always an excuse as to why they can't. When we look at golf most of us probably don't see it as an athletic event. Most just see it as a social event. But when you are swinging a golf club over 100 mph, and almost every joint in the body is working to facilitate the movement, and the tremendous forces that are placed on the spine over and over again, and for there to be success, consider the timing, and communication between muscle groups that has to take place. I would consider this an athletic event. With this in mind, imagine if you have restricted motion and were swinging a club this fast, at some point there is going to be a breakdown, so it would be in your best interest to get physically fit.

Here is a truly inspirational story that one of my clients shared with me. My client was observing this other golfer from his courtyard one day, and what was happening he couldn't believe. This golfer would drive up to the tee, take out his walker, then walked over to the ball, positioned himself and hit it. He would then use his walker to get back to the cart, fold it up, and proceed to his next destination. Here is this guy so driven to continue doing what he loves, that nothing would stand in his way.

On that note here a few stretches to start with until you are ready for the next step!

Note: consult your physician before attempting these exercises.



Arm across chest



Arm behind back



Rotate trunk from side to side

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