

PREVENTION OF GOLF INJURIES



- **GOLF HAS INCREASED IN POPULARITY OVER THE LAST 10-15 YEARS.**
- **THE AVERAGE GOLFER PLAYS APPROXIMATELY 37 ROUNDS PER YEAR AND SPENDS EVEN MORE HOURS PRACTICING, SO IT IS NOT SURPRISING THAT THE RATE OF INJURIES IS ON THE RISE.**
- **LOW BACK PAIN IS THE MOST COMMON INJURY OR COMPLAINT, FOLLOWED BY INJURIES TO THE UPPER EXTREMITY (ELBOW AND SHOULDER).**
- **AMATEUR GOLFERS EXPERIENCE MORE ELBOW PROBLEMS**

INJURY PREVENTION

**WARMING UP PRIOR TO GOLFING
MAY LOWER THE INCIDENCE OF A GOLF INJURY.**

**ONE OF THE BEST WAYS TO AVOID INJURY
IS TO PERFORM SOME SIMPLE STRETCHING EXERCISES
AND WARM UP WITH A BUCKET OF BALLS ON THE DRIVING RANGE.**

Stretch – Deltoid



SHOULDER - ROM: Posterior Capsule Stretch
Gently pull on one forward elbow with other hand until stretch is felt in shoulder. Hold.

1 set of 5 with a 30 sec hold

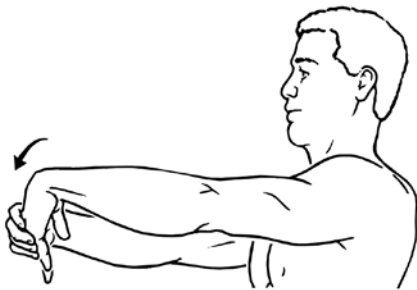
Stretch - Flexion – Wall



SHOULDER - ROM: Flexion (Alternate) Slide one arm up wall, with palm out, by leaning toward wall. Hold.

1 set of 5 with a 30 sec hold

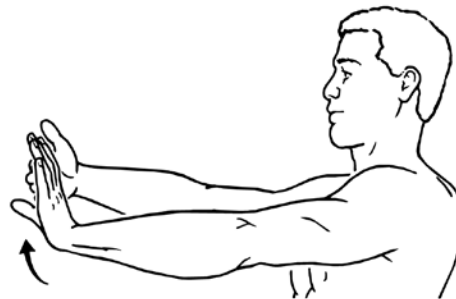
Wrist Ext Long Arm Stretch



HAND - Wrist Extensor Stretch - Long Arm Stretch Keeping elbow straight, grasp hand and slowly bend wrist forward until stretch is felt. Hold. Relax.

Hold 10 Seconds repeat 5 times

Wrist Flexor Long Arm Stretch



HAND - Wrist Flexor Long Arm Stretch Keeping elbow straight, grasp one hand and slowly bend wrist back until stretch is felt. Hold. Relax.

Hold 10 Seconds repeat 5 times

GENERAL STRETCHING EXERCISES

GOLFER'S ELBOW

DECREASING THE SHOCK IN THE ARM UPON HITTING THE BALL MAY ALSO ASSIST WITH PREVENTION OF AN ELBOW INJURY . STRENGTHENING THE FOREARM MUSCLES CAN HELP SLOW THE SWING TO DECREASE THE SHOCK IN THE ARM.

HERE ARE A FEW SIMPLE EXERCISES TO HELP BUILD UP FOREARM MUSCLES SUGGESTED BY THE AMERICAN ACADEMY OF ORTHOPEDIC SURGEONS

Towel Roll Squeeze



HAND - Towel Roll Squeeze

With forearm resting on surface, gently squeeze towel
Work up to 3 sets of 10

T- band Wrist Flexion



HAND - Wrist Flexion: Theraband
With tubing wrapped around fist and other end secured under foot, bend wrist up (palm up) as far as possible. Keep forearm on thigh.
Work up to 3 set of 10

T-band Wrist Extension

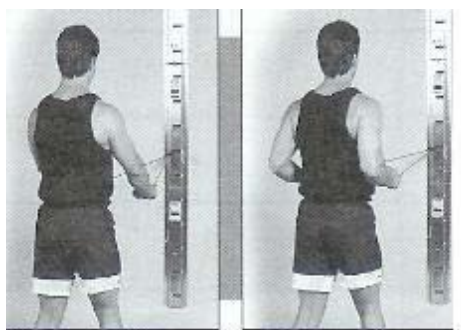


HAND - Wrist Extension: Theraband
With tubing wrapped around fist and other end secured under foot, bend wrist up (palm down) as far as possible. Keep forearm on thigh.
Work up to 3 set of 10

LOW BACK PAIN

LOW BACK PAIN IS ANOTHER COMPLAINT WHICH CAN BE CAUSED BY A POOR GOLF SWING. THE ROTATIONAL STRESSES OF THE SWING CAN PLACE INCREASED PRESSURE ON THE SPINE AND SURROUNDING MUSCLES. POOR FLEXIBILITY AND MUSCLE STRENGTH CAN ALSO STRAIN THE BACK LEADING TO SEVERE INJURIES.

HERE ARE SOME SIMPLE EXERCISES TO HELP STRENGTHEN LOWER BACK MUSCLES AND PREVENT INJURIES



Tubing - Rows Bilateral Stand

Anchor band/tubing in a door. Stand facing the door & holding the other end of the band. With elbow s bent, pull arms back by squeezing your shoulder blades.
Do not shrug.

Work up to 3 sets of 10



Lat Pull Downs-Tubing

Secure the band/tubing above a door. Sit facing away from the door. Use the handles or loops at the end of the band and slowly pull your arms down as shown.

Work up to 3 sets of 10

CONCLUSION

**STRENGTHENING EXERCISES SHOULD BE PERFORMED 3-4 TIMES A WEEK.
YOU MAY PROGRESS ACTIVITIES TO YOUR TOLERANCE WITH INCREASED
RESISTANCE IN THE ABSENCE OF ANY PAIN.**

**CONSISTENTLY PERFORMING A SIMPLE STRETCHING /STRENGTHENING
PROGRAM CAN HELP PREVENT INJURIES SO YOU CAN STAY IN THE GAME!**

References

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