



GOLF INJURIES

Golf injuries are reported to affect 15-20% of golfers each year. They are mostly due to overuse, although some can be traumatic injuries. Golf requires explosive power when driving off tees and the repetitive swing action can put stress on muscles and joints, causing injuries.

The 3 main causes of golf injuries are:-

1. Incorrect golf club grip.
2. Poor swing technique, including over-swinging, twisting the spine during the swing or hitting the ground during the swing.
3. Not warming up correctly.

Low back pain is the most common injury and accounts for 20%. Other common areas affected include elbow, shoulder and knee, which we will discuss in more detail.

Low Back Pain

The repetitive action of the golf swing is the number one cause of low back pain, making the importance of correct technique essential. The discs, ligaments, muscles and facet joints can all be affected. To help prevent this, correct any swing faults with Maurice and perform core stability exercises to improve strength and posture.

Golfer's Elbow

This is inflammation of the tendons of the forearm, where they insert into the bone on the inner side of the elbow. The inflammation is caused by forceful gripping activities such as gripping the club. To help prevent this, do a regular stretching and strengthening programme, select larger club grips and also select irons with large heads and "sweet spots" to lessen vibration. Also, graphite shafts produce less vibration.

Knee Pain

The weight bearing and rotational forces during the swing, plus prolonged walking, can lead to knee problems. To help reduce this, try strengthening the muscles around the knee.

Shoulder Pain

The repeated stresses of the golf swing especially if performed incorrectly can lead to damage of the Rotator Cuff (the muscles around the shoulder joint)

To help prevent this developing, check your swing with a golf professional and perform a regular exercise programme to maintain flexibility and strength around the shoulder.

TOPS TIPS FOR INJURY PREVENTION IN GOLFERS

1. PERFORM A PROPER WARM UP

To include stretching the muscles of your shoulder, neck and back.

2. PERFORM REGULAR CORE CONDITIONING EXERCISES

To improve your core strength in your back and shoulders.

3. ENSURE YOU ARE USING THE CORRECT EQUIPMENT INCLUDING HAVING THE CORRECT CLUB GRIP

To help prevent development of wrist and elbow injuries.

4. ENSURE YOU HAVE A GOOD SWING TECHNIQUE

Poor swing mechanics and over-swinging can all lead to injury. Swing faults can be addressed by a Professional.

5. LISTEN TO YOUR BODY

To avoid overuse injuries, decrease your play time at the first sign of aches and pains.

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