

5 Common Golf Injuries

Low Back Pain- Low back pain is common amongst golfers. The repetitive nature of the golf swing combined with poor maintenance of spinal posture throughout the swing can cause excessive load on a number of structures including the facet joints and discs



Prevention: Technique should be addressed by a golf professional, but risk factors such as tight hamstrings or hip flexor muscles, or poor spinal flexibility and core stability can be identified and addressed by a physiotherapist with a special interest in golf

Golfers Elbow- Golfer's elbow is irritation (sometimes acute inflammation and sometimes more chronic degenerative change) of the tendons of the forearm at the point where they insert into the humerus (upper arm) bone on the inner side of the elbow. It can occur due to excessive loading of these tendons when gripping the golf club- it is often worse as a result of the wrist flexing hard against resistance at impact hitting the turf, and particularly through heavy rough. Hitting off astro turf at driving ranges can also cause problems



Prevention: Regular stretching of the forearm muscles- especially the flexors can reduce the tension on the tendons. Avoid hitting off hard mats, and especially avoid the rough!! Exercises to strengthen the forearm muscles (using theraband or small weights) can improve the capability of the tendons to withstand heavy load

Plantar fasciitis- This is pain in the heel and/or into the arch of the foot that is caused by repeated stress (resulting in microscopic tears) to the plantar fascia which is a sheath like structure that connects the heel to your toes supporting your arch. It is often a result of over pronation or a collapsed arch, although this is not always the case. The large number of steps taken around a golf course, often on undulating and uneven terrain,

and usually carrying a heavy bag can be a risk factor in developing this problem



Prevention: Regular stretching of the calf muscles will go a long way to preventing this problem. Tight calf muscles are an extremely common clinical finding in people who present with plantar fasciitis, and a large proportion respond well to stretching. It is also beneficial to get the opinion of a podiatrist who can establish whether your foot biomechanics are a contributing factor, and whether off the shelf or custom made orthotics are required

Knee pain- This can result from the repetitive rotational forces that the knees are subjected to during the golf swing, as well as the long distances walked on undulating terrain. The most common structures of the knee affected are the articular cartilage, and the shock absorber (meniscus) cartilages



Prevention: Exercises to strengthen the quadriceps and hamstring muscles are crucial in controlling the knee joint, but the addressing of any biomechanical problems of the feet causing abnormal loading of part of the knee is also important. Strengthening the core and gluteal muscles is also helpful in reducing stress on the knee joint

Shoulder pain- can result from excessive stress on the rotator cuff muscles and the acromioclavicular joint (where the collar bone meets the shoulder blade at the top of the shoulder). This is often caused by poor thoracic (mid spine) posture, which in turn reduces the amount of trunk rotation in the backswing and follow through. In this situation the length of swing and power generation is dominated by the arms, putting more strain on the shoulders



Prevention: Regular stretching and rotation of the thoracic spine as well as strengthening of the scapula (shoulder blade) muscles should help to minimise excessive strain on the shoulder joint. Using a foam roller or having regular treatment to mobilise the thoracic spine can help with this.

Stretching Exercises

Hamstrings



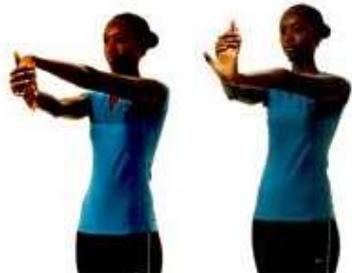
Calf



Hip Flexors



Forearm Flexors
and Extensors



Thoracic Rotation



Information compiled by a Chartered Physiotherapist



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Golf



Common Injuries and How to Prevent Them

Stretching Exercises that can be used
as part of your warm up.

Clinics in Cranleigh, Horsham, Dorking