

Exercising before Golf

By: Paul Gagne, SPT

As golf is becoming increasingly popular there is a correlation between this increase in popularity and an increase in golf injuries. With each swing, the golfer displaces approximately 7-8 times their body weight throughout their body. With this additional force placed upon the body there is an increased risk for strained musculature and injury. Therefore, it is imperative that a stretching program be performed, to minimize these risks and enhance the player's ability to strike the ball.

Stretching previous to playing golf should take approximately 10-15 minutes. Repeat each stretch 4-5 times on each side of the body.



Side stretch. Stand with arms above head holding club with hands shoulder width apart. Slowly bend to the right and hold for 10 seconds. Bend to the left and hold for 10 seconds.



Calf stretch. Place both hands against a tree or other stable surface, at chest level, and stand arms length away. Keeping your right foot on the ground, and your right leg slightly bent, move your left foot back behind you, keeping the knee straight and the heel on the ground. Hold for a count of 10 and make sure NOT to bounce. Repeat stretch with opposite leg.

Golf is intended to be a pain free sport. If you, or someone you know, are experiencing pain with golfing, they should contact a licensed Physical Therapist, to analyze their golf swing. You can call Steven Ambler, PT, of Arizona OrthoSports PT, at (602) 547-1961. Steven and his OrthoSports PT team will be present at the October 5th Charity Golf Event, to offer possible suggestions.