

# 5 STRATEGIES FOR SIDESTEPPING A GOLFING INJURY

1

## Fitness

Basic cardiovascular fitness is essential. Regular walking, running or cross training on a stair machine, elliptical trainer, swimming, cycling are all ways to improve general fitness. This will help prevent fatigue which subsequently increases your risk of injury.

2

## Improve Mobility

Flexibility and rotation of the upper spine, shoulders and hips is critical to avoid injury. Regular stretching and dynamic exercises prescribed by your physical therapist can improve mobility. Hands-on massage and myofascial release will improve flexibility in muscles and spine. Exercise to focus on turning upper back segments with hips and pelvis to follow, rather than twisting the lower back.

3

## Power and Control

Strength training is crucial to prevent injury. Strengthen core, pelvis, hamstrings and glutes to ensure the power of the drive comes from the body. Proprioception, balance and control of the lower leg - ankle and knee - will provide a stable base for the golf swing.

4

## Warm Up

Prepares your body for work. A brisk walk or short jog warms up the cardiovascular system. Follow this with dynamic stretches of the hips and thoracic spine. Then practice some shots at the driving range before starting the game.

5

## Finish Without 'Popping'

'Popping' at the end of the swing to try and generate more power increases injury risk. Popping can include: straightening the knees just before or after contact, coming up on to your toes, arching or overextending your back. All of these can increase the loads in your knee, hip and lower back causing injury.