



Golf Injury Cheat Sheet

62% of amateurs will sustain a significant golf injury, typically because they are out of shape, have poor swing mechanics, or don't adequately warm-up. For the professionals that number is even higher at 85%, but their injuries tend to come from overuse ie. hitting 200 to 500 balls a day.

Here are some tips and changes you can address in your technique to reduce your injury risk.

Having a friend video your golf swing may be helpful, or a few lessons with a coach could keep you out of the injury bunker. The following cheat sheet assumes you are a right-handed golfer and therefore your lead arm/side is the left (the same principles would apply vice versa for left-handed golfers).

The Injury

Lead Wrist

Hold your lead hand (left for right handed players) in front of you, thumb up, make a fist. There is a natural cup or angle at the back of the wrist – this is the power position for the joint.

The Problem

- If left hand in a 'weak position' – thumb down the top of the handle - you risk a flat or bowed wrist on impact and possible injury
- Inadequate arm and wrist strength to lead the club through impact in this position
- Tend to over-extend and cock wrist for power, stressing the extensor tendons and overloading ligaments, especially if hitting the ground frequently

The Solution

- Rotate left hand away from the target about 30° from the weak position. So your thumb is at about 1 on an imaginary clock.
- This creates a slight cup in the wrist and a better power position

Lead Elbow

- Extensor tendons on outside of forearm are overloaded by jarring impact of poor stroke, mishitting ball and ground
- Results in muscle strain and tendonitis on the outside of the elbow called 'tennis elbow'
- Exacerbated by excessive tight gripping of the club

- Avoid locking arm and elbow for more power. Keep it straight but relaxed, arms 'soft' from start to finish
- Momentum of downswing will pull the left arm straight
- This allows better absorption of impact forces and decreases load through tendons and ligaments

Trail Elbow

- Flexor tendons on the inside of the forearm are strained and overloaded by flexing and rotating the wrist during the impact and follow-through phase
- Strain results in tendonitis on the inside of elbow called 'golfer's elbow'

- Power from the body not the wrists
- Avoid flicking (flexing) and cocking your wrist on and after impact.