Prevention of Golf Injuries

- Golf has increased in popularity over the last 10-15 years.
- The average golfer plays approximately 37 rounds per year and spends even more hours practicing, so it is not surprising that the rate of injuries is on the rise.
- Low back pain is the most common injury or complaint, followed by injuries to the upper extremity (elbow and shoulder).
- Amateur golfers experience more elbow problems.

**Injury Prevention**

Warming up prior to golfing may lower the incidence of a golf injury.

One of the best ways to avoid injury is to perform some simple stretching exercises and warm up with a bucket of balls on the driving range.
**Stretch – Deltoid**

SHOULDER - ROM: Posterior Capsule Stretch
Gently pull on one forward elbow with other hand until stretch is felt in shoulder. Hold.

1 set of 5 with a 30 sec hold

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**Stretch - Flexion – Wall**

SHOULDER - ROM: Flexion (Alternate)
Slide one arm up wall, with palm out, by leaning toward wall. Hold.

1 set of 5 with a 30 sec hold

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**Wrist Ext Long Arm Stretch**

HAND - Wrist Extensor Stretch - Long Arm Stretch
Keeping elbow straight, grasp hand and slowly bend wrist forward until stretch is felt. Hold. Relax.

Hold 10 Seconds repeat 5 times

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**Wrist Flexor Long Arm Stretch**

HAND - Wrist Flexor Long Arm Stretch
Keeping elbow straight, grasp one hand and slowly bend wrist back until stretch is felt. Hold. Relax.

Hold 10 Seconds repeat 5 times
General stretching exercises

Golfer’s Elbow

Decreasing the shock in the arm upon hitting the ball may also assist with prevention of an elbow injury. Strengthening the forearm muscles can help slow the swing to decrease the shock in the arm.

*Here are a few simple exercises to help build up forearm muscles suggested by the American academy of orthopedic surgeons*

Towel Roll Squeeze

HAND - Towel Roll Squeeze
With forearm resting on surface, gently squeeze towel
Work up to 3 sets of 10

T-band Wrist Flexion

HAND - Wrist Flexion: Theraband
With tubing wrapped around fist and other end secured under foot, bend wrist up (palm up) as far as possible. Keep forearm on thigh.
Work up to 3 set of 10

T-band Wrist Extension

HAND - Wrist Extension: Theraband
With tubing wrapped around fist and other end secured under foot, bend wrist up (palm down) as far as possible. Keep forearm on thigh.
Work up to 3 set of 10
Low Back Pain

Low back pain is another complaint which can be caused by a poor golf swing. The rotational stresses of the swing can place increased pressure on the spine and surrounding muscles. Poor flexibility and muscle strength can also strain the back leading to severe injuries.

*Here are some simple exercises to help strengthen lower back muscles and prevent injuries*

**Tubing - Rows Bilateral Stand**

Anchor band/tubing in a door. Stand facing the door & holding the other end of the band. With elbows bent, pull arms back by squeezing your shoulder blades. Do not shrug.

Work up to 3 sets of 10

**Lat Pull Downs-Tubing**

Secure the band/tubing above a door. Sit facing away from the door. Use the handles or loops at the end of the band and slowly pull your arms down as shown.

Work up to 3 sets of 10
**Conclusion**

**Strengthening exercises should be performed 3-4 times a week. You may progress activities to your tolerance with increased resistance in the absence of any pain.**

**Consistently performing a simple stretching / strengthening program can help prevent injuries so you can stay in the game!**

References
