

Health Notes

Causes of Golf Injury

by Craft Chiropractic Associates, PC

One of the most common causes of golf injury is repetitive practice. Hitting buckets of balls in a rapid pattern at the range is a popular start to a golfer's season. Early in the season, a golfer should begin slowly. Warm up stretching is a must. At the range, hit a few balls, then step back, analyze your swing and re-address the ball. Not only will you reduce the likelihood of injury, but this drill minimizes bad habits often developed at the range. You will also put your swing in a more match-like rhythm.

Poor swing mechanics is the second most common cause of golf injury. Watch other golfers swing. The twisting, jerking motions many amateur golfers have is a sure-fire path to injury. Watching the Golf Channel instructional classes is informative, but one-on-one instruction can't be beat. Begin your golf season with a lesson from one of our many fine area professional golf instructors. Your game will become more enjoyable as your score improves. You will also improve your poor swing mechanics.

Many golfers injure themselves because their bodies are not ready to play golf, people often choose golf because they feel it is less strenuous than their "old sports" such as baseball, tennis, and jogging. The truth is that the bending, shearing, compressing, and torsional forces of the golf swing results in 62% of golfers incurring an injury related to the sport. Specific muscles are used in golf and strengthening these muscles will reduce the possibility of injury and result in a more flexible and powerful golf swing.

Improper club length can also promote injury to golfers. Other golfers will buy longer clubs so they don't have to flex their knees when they swing. Feeling this protects their sore back, they then must adjust their swing to make up for the loss of power from straightened knees. In reality, this never protects the back. Golfers will also buy golf clubs via the Internet. Unless you know the proper club length for your stature, you could cause harm. A certified golf instructor is the best person to advise you on club length.

With careful preparation, and proper instruction and equipment, golf is a sport that can be enjoyed for a lifetime.



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