

PHYSIOTHERAPY AND GOLF

... Improve your body, improve your game!

ELBOW PAIN AND GOLF ...

Elbow pain is one of the most common injuries seen in golfers, particularly in Amateur golfers. Golfers get pain on the inside (medial) and outside (lateral) aspect of the elbow.

Pain on the medial aspect of the elbow, Golfer's Elbow, is usually due to a traumatic incident such as hitting a shot fat, or an object such as a tree root or stone. This is usually on the dominant hand.

Pain on the lateral aspect of the elbow, Tennis Elbow, is 5 times more common and is seen on the non-dominant hand. This is an overuse injury and may be due to a sudden increase in playing or practicing, faulty swing technique, or excessive hitting off mats.

Lateral elbow pain can also be due to poor swing mechanics. Ideally a golfer should use the big muscles of the trunk to rotate their body during the swing, with the arms remaining relatively relaxed. However, if the golfer lacks the ability to rotate their body effectively, either due to poor flexibility, strength or co-ordination, then they may need to manipulate the club with their hands, causing increased tension in the arms and stress through the elbow.

If you develop elbow pain you should ice the painful region to decrease inflammation, as well as rest from activities which aggravate the symptoms. You should also consult a Golf Specific Physiotherapist for a complete assessment and implementation of an appropriate treatment program. This program will likely include exercises that stretch tightened forearm muscles, strengthen muscles of the wrist and elbow, and address any other issues that are identified.

Figure 1. Stretching for the wrist

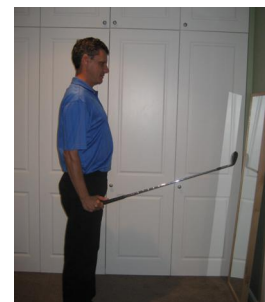
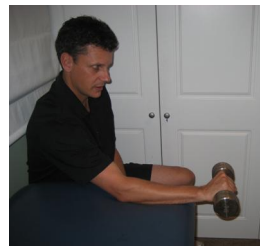


Figure 2a and 2b. Strengthening of the wrist and forearm

It is also important to get a lesson from your teaching professional in order to rectify any technical problems that may be contributing to your problem. Without addressing the underlying cause of the problem you will not achieve a long term solution.

For more information, or to have a Golf Specific Physical Assessment, contact a Golf Specific Physiotherapist at High Performance Golf today.