

PHYSIOTHERAPY AND GOLF

... Improve your body, improve your game!

WHY GOLF SPECIFIC PHYSIOTHERAPY?

Golf Specific Physiotherapists are trained to not only understand how your body moves, but also how your body influences the Golf swing, as well as how the Golf swing affects your body.

Despite the opinion that Golf is a relatively benign activity, the incidence of injuries to golfers is relatively high. Because golf can be played over an entire life time, most golfers, at some stage, will be injured.

How do Golfers Get Injured?

The majority of golfing injuries are overuse injuries due to the repetitive nature of golf. The spine of a golfer needs to absorb a compression force of up to 8 times body weight on each swing, and when this is repeated hundreds, if not thousands, of times, the risk of injury is quite high. Other areas of the body that are commonly injured in golfers include the hips, shoulders, elbows and wrists.

Swing faults are the most common cause of injury in golfers. Swing faults will often lead to increased stress through your body, resulting in injury.

The Body Swing Connection

Your ability to swing the golf club is determined by your skill level and your physical capabilities, that is, you will only be able to do what your body lets you do. Therefore in many cases you will be limited in your ability to play golf by your physical restrictions.

What is a Golf Specific Screening?

A Golf Specific Screening is an assessment of your body to identify any physical restrictions that will influence your swing. Flexibility, stability, balance, strength and specific golf movement patterns are assessed. From this assessment an overall picture of your golf fitness level can be determined.

After your screening, an individualized exercise program is developed which will address your problem areas. Resolution of these problem areas will allow you to:

- **Improve your swing**
- **Reduce your injury risk**
- **Increase your power**

For more information on how a Golf Specific Physiotherapist can help you improve your game, reduce your injury risk and ultimately improve the enjoyment you get out of your golf, contact High Performance Golf today.

