

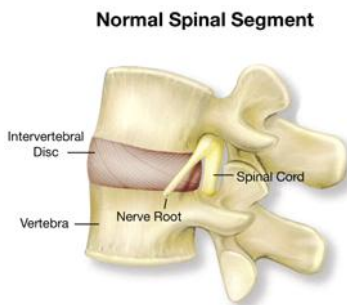
PHYSIOTHERAPY AND GOLF

... Improve your body, improve your game!

LOW BACK PAIN AND GOLF

Low back pain is the most common injury seen in golfers of all ages and skill levels, from beginners to touring professionals. Low back pain in golfers is usually due to overuse, or repetitive strain, rather than due to a single incident, and often has many factors that contribute to its development.

Poor posture at address, and throughout the swing, places extra stress through the discs, joints, ligaments and muscles of the lower back. Poor postural habits at work, when sitting in the car or at the computer, and while watching TV, all impact on your posture on the golf course. This poor posture places your spine in a vulnerable position and greatly increases the risk of injury.



Restrictions in other parts of the body often result in injury to the lower back. The golf swing requires rotation, and most of this rotation occurs in your upper back and hips. Tightness in these regions is very common and causes increased rotary stress on the lower back, resulting in injury.

Several swing faults have also been identified as causes of low back pain in golfers. Often these swing faults are due to physical restrictions that cause you to swing in a certain way, which can result in injury to the low back.



Therefore, for a complete resolution for your back pain, you may need to address several factors, such as flexibility of the hips, upper back and

muscles of the side of the trunk, strength of the deep stabilizing "core muscles", and technique correction with your teaching professional.

This overall approach will help you swing the club more efficiently and reduce the stress on the lower back.



For a thorough assessment of your low back pain, including a comprehensive assessment of the relationship between your golf swing and your body, consult a Golf Specific Physiotherapist at High Performance Golf today.

