

PHYSIOTHERAPY AND GOLF

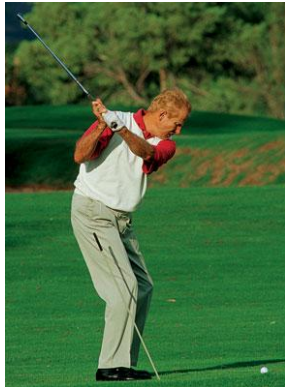
... Improve your body, improve your game!

SHOULDER PAIN AND GOLF...

Shoulder pain is very common in golfers, accounting for up to 20% of all injuries in amateur golfers. Most shoulder injuries in golf are due to swing faults, and the physical restrictions that lead to these swing faults.

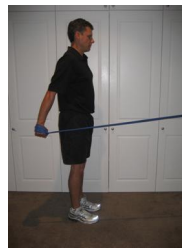
Shoulder pain is usually due to damage to the soft tissues of the shoulder, the muscles, tendons and ligaments. Common injuries to the shoulder include tendonitis of the rotator cuff muscles, damage to the ligaments of the shoulder or impingement of structures in the shoulder between opposing bones.

Swing faults are often the cause of shoulder injuries in golf. Most notably overuse of your arms to swing the club, and not using the larger muscles of your body is the problem. This is commonly seen in players who swing the club very upright or very flat. In both instances the arms have become too active, placing the structures of the shoulder in vulnerable positions.



Poor posture can also be a common cause of shoulder pain in golfers. The rounded posture often seen in golfers when crouching over a putt, or after practicing for extended periods, places excess stress through the front of the shoulder and often leads to pain and further injury. In these cases it is often important to stretch the upper back in the other direction, as shown opposite, to reduce the stress on the shoulder.

You should also strengthen the muscles that stabilize your shoulder, as well as the muscles that stabilize your shoulder blades. This will allow improved positioning of the shoulders throughout the swing and ultimately reduce the stress through the shoulders. Examples of these are shown below.



1. Strengthening the rotator cuff muscles



2. Strengthening the scapula stabilizing muscles

An important part of the rehabilitation process when you have shoulder pain is to consult your local PGA professional for a lesson. Your pro will be able to help you with the technical changes necessary to reduce the stress through your shoulder.

You should also consult a golf specific Physiotherapist who will not only manage your injury, but be able to give you a thorough assessment to determine what physical factors are contributing to your swing faults. From there you will be able to address these issues and improve your game.

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