

# The Top 5 Golf Injuries

and How to 'Drive' Away the Pain



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## Low Back Pain

The repetition of a golf swing can lead to disc, ligament, muscle and joint damage in the lower back. Herniated or slipped discs and sciatica form part of lower back pain and are amongst the most common golfing injuries.



### Recovery

If you have a herniated disc it is advised that you keep as active as possible without aggravating the problem. Back braces will improve posture and help to relieve pain.

### Prevention

Core strength and stability exercises are very effective in preventing lower back pain and consulting a club pro to help correct any errors in your golf swing can't hurt.

## Golfer's Elbow



Golfer's elbow occurs when the tendons of the forearm become inflamed and insert into the Humerus bone (upper arm). This can be caused by constant gripping and is made worse if you have a swing that relies on heavy use of the wrists.

### Recovery

A great form of pain relief can be found by using a TENS machine and rehabilitation can be aided with a resistance band strengthening programme that works your flexor tendons.

### Prevention

Regularly stretching the muscles in your wrist will dramatically reduce the chance of a recurrence of your injury and wearing an elbow compression strap will help to reduce pain.

## Plantar Fasciitis

To put it simply Plantar Fasciitis is a case of painful feet. Just walking round the golf course every day could give you a mild case and poor footwear is the main cause of the issue.



### Recovery

Apply ice packs (never directly to the skin) to the sole of your feet and invest in a good heel support if you insist on having a round of golf.

### Prevention

Stretching the sole and heel of your foot can help to speed up recovery in 80% of Plantar Fasciitis cases and investing in good quality golf shoes is a must if you don't want the problem to escalate.

## Knee Pain



Knee pain is a common problem amongst golfers. Long walks and rotational forces on the knees during the swing, can lead to cartilage damage and predispose players to arthritis and ligament damage in later life.

### Recovery

Rest from all golfing activities is recommended and icing the area with a compression device can help to ease pain.

### Prevention

Hamstring exercises are encouraged to strengthen and support the area and gel cushion insoles can reduce the stress put on the knees during your round.

## Shoulder Pain

Shoulder pain is a result of damage to the Rotator Cuff muscles in the shoulder joint. This can be caused by overuse during the swing and can build up over a long time meaning a complete muscle tear can occur.



### Recovery

An anti-inflammatory gel can be used on the affected area and for those wanting to continue playing through the pain a Neoprene Shoulder Support can provide reassurance during play.

### Prevention

Have a professional golfer take a good look at your swing and maintain your flexibility, endurance and strength as best you can. Try using resistance bands and undertake shoulder stabilisation exercises between rounds.

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