

Tips for Golf Injury Prevention
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STRETCHING Low back strains are the #1 injury golfers sustain. A few simple stretches with your golf club can help prevent injuries from taking you off the course.

FORM When putting your ball on the tee or retrieving your ball after sinking a putt always make sure to bend at the knees and not the waist. This will avoid undue stress on your low back.

MECHANICS The biomechanics of your golf swing play a very important role in injury prevention. The lead shoulder endures more stretching and strain, particularly in an unsound golf swing, than any other area. At JOI we use a program called Dartfish to break down your golf swing and help you make modifications to your swing to prevent injury. The extent of modifications required to help prevent injury will likely be minor.

STRENGTHENING Strength training for the shoulder helps you swing your arms faster and hit the ball farther by generating more club head speed.

THE CORE Strengthening should also include the hips, gluteals, abdominals and back...not just the arms and legs. This will help prevent those pesky low back injuries as well as help you swing.

WARM UP Be sure to warm up before any round of golf. A good warm up should include golf specific stretching and light, easy swings working your way up to full speed swings. If you warm up properly, you will have less of a chance of injuring your muscles and a much better chance of hitting longer and straighter shots.

PAIN Listen to your body! Some mild soreness after a round of golf is OK. However, any persistent soreness or sharp pains need to be addressed by a professional.

PREVENTING GOLFERS ELBOW Golfers Elbow is pain on the inside, or medial, aspect of the elbow. It is caused by repeated use of the forearm muscles. To help prevent and/or ease the symptoms make sure to stretch your forearm muscles. (To stretch the forearm muscles extend your arm out in front of you and with the opposite hand pull your wrist back and down. Hold each stretch for 20-30sec and repeat.)

Remember...at JOI Rehab we will get you back on the road to recovery!