

Preventing Overuse Injuries in Golf

Due to the unilateral, repetitive nature of the golf swing, it is no surprise that many golfers suffer from chronic (overuse) injuries. Performing a warm-up routine before playing is particularly important for injury prevention. Studies show that static stretching (stretches held for 30 seconds or longer) may actually worsen your golf performance, so warm-up routines should include dynamic stretches that are only held for 20 seconds or less.

Dynamic warm-ups help to increase blood flow to the targeted muscle groups, increase joint lubrication, and improve transmission speed of neural impulses. A golf swing requires muscle activation in the trunk, hip, shoulder, elbow, wrist, and knees. A dynamic golf warm-up must target these areas.

Suggested Pre-Golf Exercise Routine:

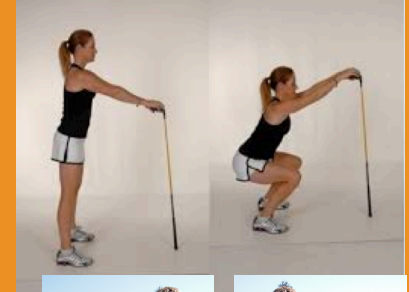
- 1. Walking**
 - five minutes of walking
 - do not carry bag over shoulder
- 2. Thoracic Rotations**
 - keep feet shoulder width apart
 - perform 20 repetitions per side
- 3. Side bends**
 - do not arch back
 - perform 20 repetitions per side
- 4. $\frac{3}{4}$ Squats (holding golf club)**
 - do not let knees come in front of toes
 - perform 15 repetitions
- 5. Hip Swings**
 - keep your torso facing straight ahead
 - perform 15 repetitions per side
- 6. Shoulder Circles**
 - slow and controlled
 - 20 repetitions in each direction
- 7. Neck Rotations**
 - 20 repetitions in each direction
- 8. Wrist Circles**
 - 20 repetitions in each direction
- 9. Golf Swing Progression**
 - do 5 $\frac{1}{4}$ swings, then 5 $\frac{1}{2}$ swings, then 5 $\frac{3}{4}$ swing before attempting 5 full swings

Thoracic Rotations

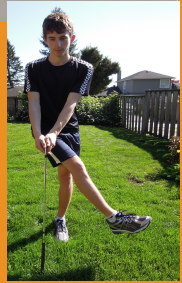


Side Bends

$\frac{3}{4}$ Squats



Leg Swings



Shoulder Circles



Neck Rotations

Wrist Circles



Swing Progression

