

Golf Injuries

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Warming Up for Golf

You should always warm-up before a round of golf or a hit at the driving range. You're less inclined to do so in cooler weather, but then it is even more important. On these days, or if you know you won't have time before tee-off, begin in the warm-up at home, then finish off at the course.

Your warm-up routine should start slowly and build up to faster movements. If you like doing static muscle stretching, do this first. Then do gentle through range movements for all the parts of the body you will use in a game – i.e., for the whole body. The aim is to increase the flexibility and temperature of the muscles. It is also to prepare the nervous system, because the communication between nerves and muscles works better with practice.

Here is a suggested general golf warm-up. If you have any injuries, or are not sure about any of these exercises, check with your physio. Unless otherwise stated, do each movement 5 times in each direction:

1. Static stretching before golf is not necessary for everyone. For those who like to include them, see 'Stretching for Golf':
<http://www.cssphysio.com.au/pdfs/Stretching-for-Golf.pdf>

2. Move the spine slowly in all directions:

- a. Backward arching



- b. Side bending left & right



- c. Twisting left & right. Place a golf club across the back of your shoulders. This will get the arm joints moving as well.



- d. Forward bending. Be careful not to over-stretch. Try to keep the back straight.



3. Stand on one leg and slowly twist the body fully over the hip in both directions. Use a club for support if required. Repeat for the other side.



4. Turn your head side to side, up and down, then bend side to side and apply gentle pressure with your hand.



5. Place your palms together straight out in front, then turn the body fully in both directions. Aim to stretch the arms as far around in each direction as they will comfortably go.



6. Roll the pelvis forward into an anterior tilt, as you bend forward with a straight back. Then, keeping the back straight and core engaged, fully rotate the trunk over the right hip, then fully rotate over the left hip.



7. Do a 'golfers pickup' on each side, with the supporting knee slightly bent. Use a club for balance.



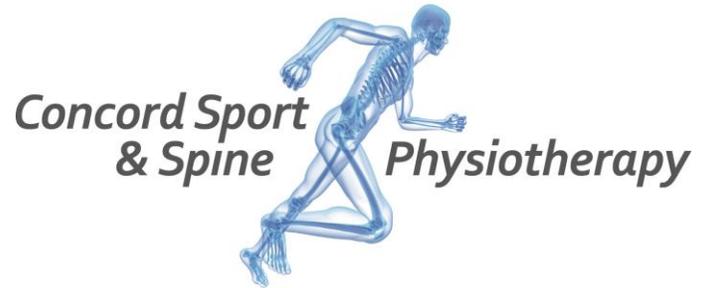
8. Repeat the club rotation stretch (exercise No. 2c) but now bending forward with a straight back to ball address position. Rotate side to side with increasing speed, gradually stretching further. Finish by stretching around exactly as you would when playing a shot.



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Information on physiotherapy management of injuries is available at:

<http://www.cssphysio.com.au/forpatients.html>



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