

Golf Fitness - Avoiding Overuse Injuries

Chronic or overuse injuries are very common in golf due to the explosive and repetitive nature of the golf swing. As the summer progresses, many golfers will experience muscle tightness or inflammation in tendons and joints which may eventually lead to pain and a decrease in performance on the golf course.

Here are a few things to consider which may help you to avoid suffering the pitfalls of overuse injuries.

Properly fitted clubs – Using shafts that are not the right length or flex can cause you to compensate in ways that may negatively affect your golf swing and can also cause injury over time.

Footwear – Because golf involves so much walking, proper footwear is essential. Painful conditions such as plantar fasciitis (inflammation of the connective tissue at the bottom of the foot) can occur if shoes do not provide enough arch support. Furthermore, any gait compensations made due to poor footwear can cause problems in the knees, hips, and spine.

Balanced workout program – Make sure your training program is designed by someone who knows about the specific stresses that golf will place on your body. A good program will include a lot of core, posture and balance exercises, flexibility exercises to keep you moving, and strengthening exercises for your weakest areas.

Mechanics – Take some lessons to ensure that you are not causing undue stress on joints and tendons with your golf swing.

Post-round recovery – Spending a few minutes stretching after your round will help keep your muscles from tightening up. Drinking lots of water and eating properly also helps the body recover more quickly.

And finally, get some rest! While it is nice to maximize your playing time during our short season, it is also important to take days off from golf. Allowing your body to get the rest that it needs will help you play better, decrease your chances of suffering from pain and chronic injuries, and increase your overall enjoyment of the game. See you on the first tee!

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