



Golf Fitness – Post-Round Recovery

This is time of year when the body starts to feel the wear and tear of golf season. Those who golf frequently may begin to feel more aches and pains as the chronic stresses placed on the body from the repetitive motion and explosive nature of the golf swing begin to take their toll on joints and muscles.

Athletes in most sports perform some sort of cool-down or post-game ritual to aid their body to recover from the intense demands of sport performance. For some reason, golfers tend to neglect this aspect in their training. Some are starting to catch on that a warm-up is important but what about a proper cool down?

Here are a few ideas to help your body recover more effectively after your round of golf...

1) Static Stretching – repeat the stretches you did for all the major muscle groups in your warm-up but rather than moving through the stretches to end range (dynamic stretching), hold the stretches for a minimum of 30-60 seconds (static stretching). Remember, this should not be painful but should feel like your muscles are elongated as you hold the stretch. Your muscles are at their warmest and most receptive to gains in flexibility immediately post-workout so spend a few minutes on this right after your round.

2) Hydration and Nutrition – drinking lots of water helps in recovery because adequate circulation is required to flush out toxins left in the muscles as by-products of over-exertion. Eating healthy foods such as fruits and veggies helps facilitate this process by ensuring that adequate amounts of the necessary vitamins and minerals are also present to help with tissue repair.

3) Sleep – getting enough quality zzzz's helps give your body the time it needs to recover as the majority of tissue repair and regeneration takes place while you are sleeping.

4) Massage – a great way help relieve muscle tension. If you don't have the time or money to regularly visit a massage therapist, invest in a foam roller which is a fantastic tool to help you work out tight muscles on your own. A rolling pin will also do the trick!

Post-round recovery will not only decrease the severity of short term muscle and joint soreness, but also reduce the chance of injury in the long run.

Keep your game consistent by making the effort to help your body recover after your round.

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