

Golf Fitness - Tips for Avoiding Low Back Pain

One of the most common ailments suffered by golfers is low back pain.

There are a number of potential causes for this including poor posture, faulty swing mechanics, ill-fitting equipment, muscle imbalances in the body, or just plain over-use. Golf is a physically demanding sport and the truth is that most people who golf frequently will likely feel soreness at times in their lower back.

Here are a few ideas that may help prevent or alleviate low back pain.

Strengthen your core - It is not uncommon for people to be weak or have muscle imbalances in this area. Be sure to include exercises that target all of the abdominal, low back, and gluteus muscles.

Warm-up - The golf swing is a very explosive movement that can put extra stress on joints and muscles if they are not ready for action. Do some dynamic stretching and take some easy swings to help loosen up before you practice or play.

Take lessons - See your local golf teaching professional to learn proper technique - poor posture at address and faulty swing mechanics can be killer for your back.

Stretch - Having enough muscle flexibility and joint mobility to execute the golf swing properly is essential. Just 5-10 minutes of static stretching every day can make a world of difference.

Get fitted for proper equipment - Using clubs that are made for your body and your swing will enable you to play without making biomechanical adjustments to compensate for equipment that is just not right for you. Chances are good that you will hit the ball better too!

Those who suffer from chronic or incapacitating low back pain should also seek help from a medical professional as ignoring the problem can result in further injury.

With proper care and management, it is possible to minimize the risk of debilitating pain or serious injury allowing you to maximize your golf life. See you on the 1st tee!

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