

GOLF INJURY PREVENTION

A SPINAL CONDITIONING PROGRAM
DESIGNED TO IMPROVE YOUR GAME
AND KEEP YOU OUT OF PAIN!!!!!!

Sponsored by Chiropractic Centers of Virginia

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Donations accepted for Special Olympics of Virginia

THE DISCLAIMER

- The primary goal for this brief class is to introduce you to a basic spinal conditioning program that will help improve your game as well as prevent you from becoming one of the 80% of golfers who experience musculoskeletal injury during their golfing lifetime. Please be aware, if you have ever experienced spinal pain in the past or currently have a condition, you must seek the advice of your doctor prior to any stretching or strengthening program. This class is not designed to diagnose or treat any medical condition. Also, every golfer should at a minimum, have your club professional evaluate your swing mechanics at least every 6 months. Proper setup and swing mechanics are essential to produce the desired shot without excessive strain to your musculoskeletal system. What you think your swing looks like and what it really does look like are probably very different.

THE FACTS

- Let's put golf into perspective: On the course, physical exertion is intermittent. A golfer will attempt approximately 50-70 (some even more) violent swings while playing 18 holes. The average amateur will swing the club 80-100 miles per hour. On the driving range, the pounding is rapid and relentless. The golfer will flail away at golf balls 60-100 times in a half hour and often continue for hours on end. Amateur golfers achieve approximately 90% of their peak muscular activity when driving the golf ball. This is the same intensity as picking up a weight that can only be lifted 4 times before total fatigue. This level of exertion and muscular activation equates golf with such sports as football, hockey and martial arts. The difference is that other athletes outside of golf include conditioning as

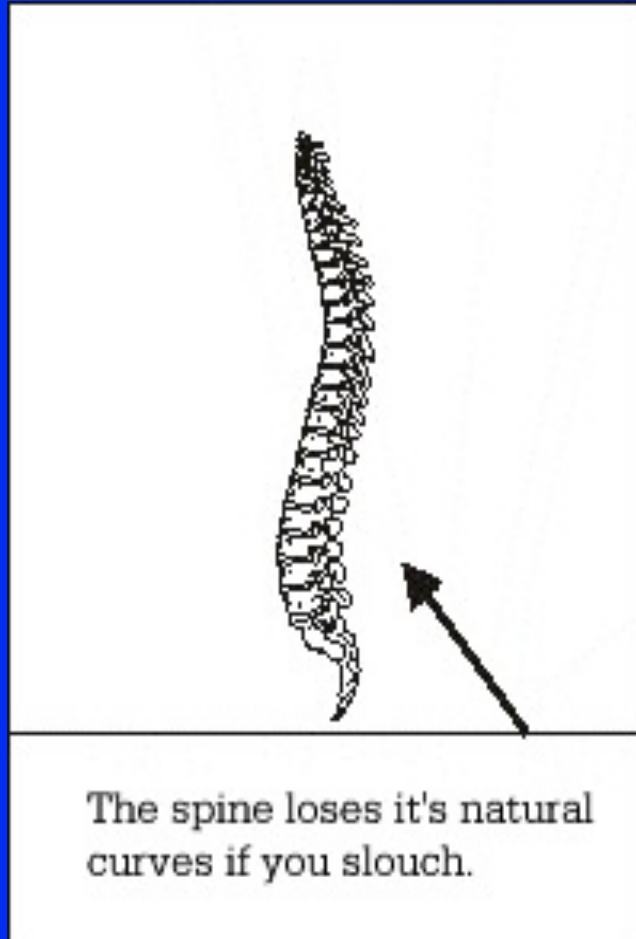
Your good golf game

- Starts when you are not at the course
- What you do every day will impact your ability to have pain free golf
- Pain free mobility can only be obtained by having good Spinal Hygiene as a habit
- What are you doing to your spine daily?

LOOK FAMILIAR?



Actions To Take:



- Make an effort to sit correctly - very upright. Most of us have learned to sit habitually in a slumped posture which is bad for the back.
- Adjust the backrest on your chair to give support to the lower spine. Better than that, remove the back rest completely so you learn to use your muscles to support you.

Head

Head back,
chin tucked,
Ears, shoulder,
hips aligned.

Neck

Use headphones.
Do not cradle
phone between
head and
shoulder!

Elbows

At sides - slightly
more than 90
degree bend.

Chair

Fully adjustable with
lumbar support in
small of the back.

Eyes

Level with top
1/3 of screen.
18-24"

Document Holder

Adjacent to and at
same height as
monitor.

Keyboard

Same height as elbow
with wrists slightly bent.
Keystroke gently!

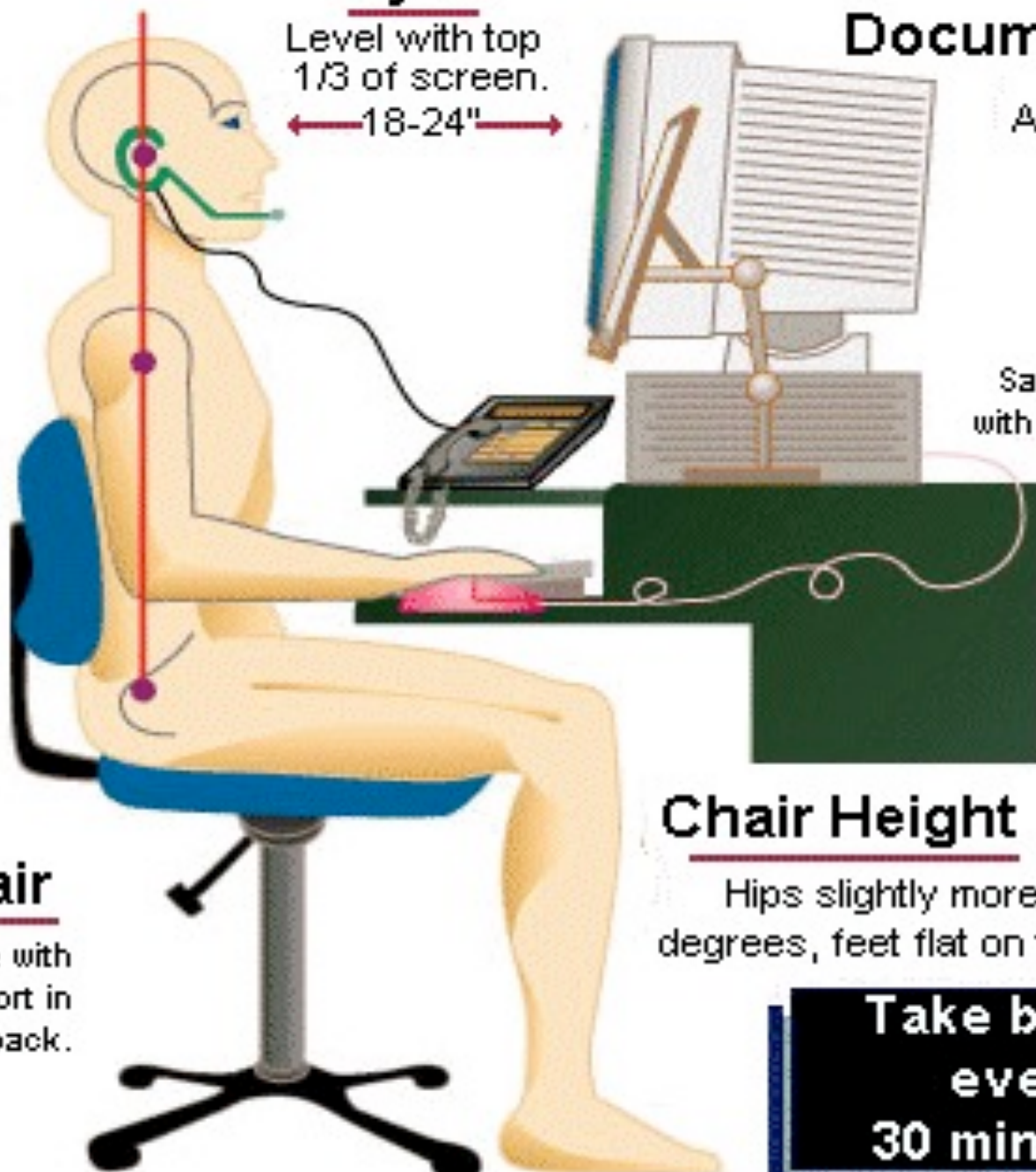
Mouse

Adjacent to and
at same height
as keyboard.

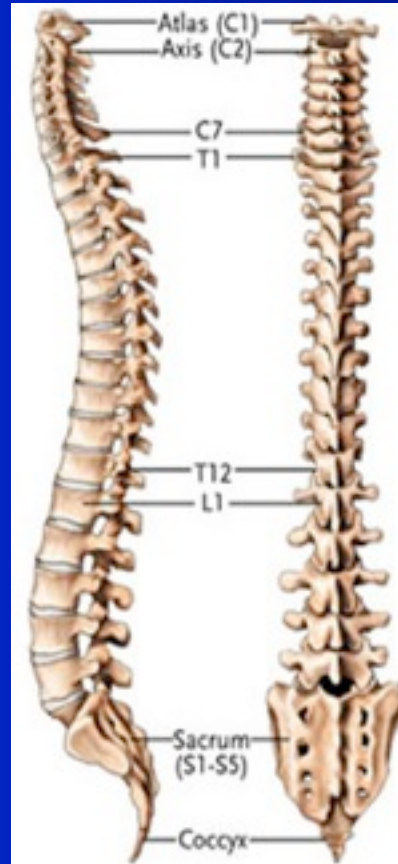
Chair Height

Hips slightly more than 90
degrees, feet flat on the floor

**Take breaks
every
30 minutes!**

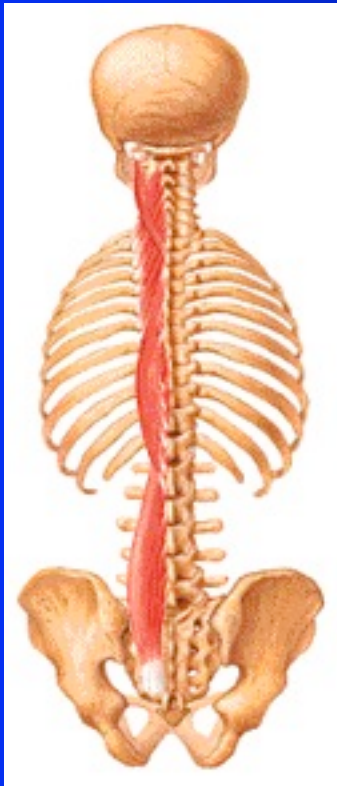


What is the spine?



- The spinal column is one of the most vital parts of the human body, supporting our trunks and making all of our movements possible. When the spine is injured and its function is impaired the consequences can be painful and even disabling to you and your game.

Muscles that can Cause Low Back Pain:



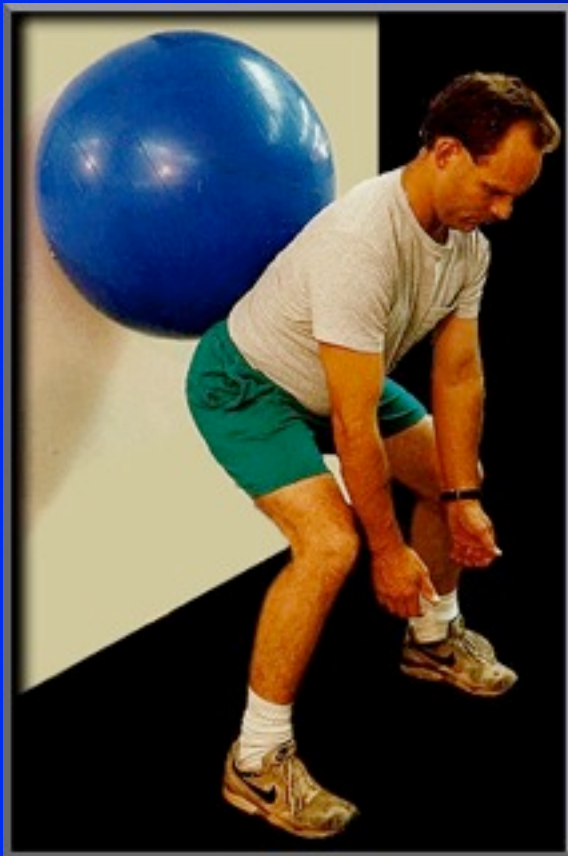
- The [paraspinal muscles](#) refer to the muscles next to the spine. They support the spine and are the motor for movement of the spine. Your joints allow flexibility and your muscles allow mobility. These muscles can be injured directly, such as when you have a pulled muscle or muscle strain of the back muscles. The muscles can also cause problems indirectly, such as when the muscles are in spasm after injury to other parts of the spine.

Flexibility:



Exercises that increase flexibility help by reducing pain and making it easier to keep the spine in the neutral position. Tight muscles can cause an imbalance in spinal movements. This can make the risk of injury to these structures more likely. Flexibility exercises for the trunk and lower limbs are helpful in establishing a pattern of safe movement.

Coordination:



- Strong muscles need to be coordinated. As the strength of the spinal muscles increases, it becomes important to train those muscles to work together. Learning any physical activity takes practice. Muscles must be trained so that the physical activity is under control. Muscles trained to control safe movement of the spine reduce the chance of injury. You will be taught exercises that will help you train your back muscles to work together to protect the spine.

Chest Stretch

- Stand with golf club behind back, slowly raise arms up behind body until a stretch is felt. Keep chest up, don't lean forward.



Hip Abduction

- Hold onto golf cart (or pole) crossing leg closest to the cart behind you. Keeping back leg straight, slowly lean hip toward cart. Hold and repeat on opposite side.



Back Rotation

- Standing, slowly rotate your upper body to one side as far as comfortably able. While keeping feet flat on the ground, hold then slowly rotate in the opposite direction.



Back Extension

- Stand with feet flat on the ground, arch back while pushing hips forward.



Trunk Side Bending

- Stand with arms overhead holding the golf club. Slowly lean to one side then the other.



Calf/Achilles Stretch

- Stand with one leg in front of the other, toes pointing straight ahead. Keeping back leg straight and heel on the ground, lean forward bending front knee until a stretch is felt in back leg. Hold and repeat on opposite side.



Trunk Flexion

- Sit with both feet flat on the ground. Bend forward at waist and reach down for the toes.



Quad/Thigh Stretch

- With knee pointing down toward the ground, slowly pull heel of foot up towards buttocks until a stretch is felt. Hold and repeat on opposite side.



Abdominal Hollowing



Abdominal Hollowing
10 reps, 5 sec hold, 1 set

Curl ups



- 1. Lie on back with knees bent and arms at side
- 2. Curl up raising your shoulders off the floor.
- 3. Lower and repeat.
- Arms Reaching Forward
10 reps, 1 set

Quad Stretch



- 1. Stand near chair for balance.
- 2. Bend your involved knee and grasp at the ankle.
- 3. Keep your body upright and hips straight.
- **2 reps, 30 sec hold, 1 set**

Pelvic Lifts



- 1. Lie on your back with your knees bent.
- 2. Lift your hips so your back is in a straight line.
- 3. Lower and repeat.
- **10 reps, 1 set**

One Leg Pelvic Lifts



- 1. Lie on your back with left leg bent.
- 2. Extend your right leg and raise your hips.
- 3. Lower and repeat with left leg extended.
- **10 reps, 1 set**

Hip Flexor Stretch



- **1. Kneel on your involved side.**
- **2. Stretch your body forward.**
- **3. Feel stretch in your hip/thigh**
- **2 reps, 30 sec hold, 1 set**

Hamstring Stretch



- 1. Lie on back with feet on the floor.
- 2. Grasp your involved leg behind the thigh.
- 3. Extend leg to feel a stretch in your hamstring .
- 2 reps, 30 sec hold, 1 set

Cat Stretch



- 1. Start on hands and knees.
- 2. Arch back up toward ceiling.
- 3. Then sag back down toward floor.
- **10 reps, 1 set**

Points to Remember!

- Get a Balance Ball and use it!
- Get regular instruction from you club professional!
- Your spine needs attention when you are not on the course.....do your stretches!!!
- If you have had spinal problems, get examined by a qualified doctor who specializes in spinal biomechanics.