

Golf Injury Prevention – (Do Golfers Get Hurt?)

The effortless appearance of many PGA golfers swinging the club could easily fool many of us into thinking that no one could get hurt playing golf. However, many parts of the body are moving through maximum ranges of motion and at maximum velocities during the swing. Some research has even shown that the spinal forces produced in the golf swing have been close to double the safety limits set in industrial workplaces.



Did you know? Golf Statistics show that ...

- at least 25% of golfers have an injury that limits their ability to swing a golf club – or stops them playing golf
- up to 50% of senior golfers suffer from low back pain and/or upper body pain (e.g. tendonitis)

The Identified Causes of Golf Injury are ...

- poor technique and swing mechanics
- incorrectly fitted equipment
- poor physical condition (posture, strength, flexibility)
- repetitive practice/overuse with poor swing mechanics

Given the fact that golf injuries do occur, how do we recognise when to take the appropriate action? Well, pain is the obvious sign of virtually all injuries. Pain is part of the body's incredibly important and valuable warning system. It alerts us when tissue damage is occurring so we can take evasive action and hopefully avoid more serious injury. If pain develops whilst playing golf and seems to GROW IN INTENSITY with lesser amounts of effort or comes on earlier in each round, it's probably time to stop and have your body investigated. You could call Paul Hedger or ask your PGA Professional (Michael Faraone) for advice about whether it's appropriate to analyse your technique and swing mechanics. In summary, injury prevention requires a combination of good judgment as well as proper education and awareness. Please use the information in this article to educate and empower yourself to make healthy lifestyle decisions that will improve your health and well-being and reduce your golf scores.



"GOLFERS GET HURT ... 1 in 4 golfers teeing off are playing with an injury "

More often than not, injury is caused by a combination of poor technique and poor physical condition.