

Teeing It Up for Golf!!

As we approach the Fall season here in South Texas we are all hoping the weather will cool off a little so that we can get out and enjoy the great outdoors. One of the most popular activities to accomplish this goal is playing golf. Today, nationwide, more than 27.8 million people are playing golf and spending \$24.3 BILLION (that is not a typo!!) dollars on equipment and fees annually. The only problem with this popular sport is that over 40% of amateur golfers will suffer an overuse injury due to the lack of proper warm-up stretches and exercises before playing. Studies show that if one will warm-up correctly, this will reduce the occurrence of injury by 50%!!

So where does golf effect us the most with injuries? The most common areas of injury are to our Low Back, Elbow, Wrist, Shoulder, and Knee. A majority of these injuries occur during the follow-through on our swings or impacting an item other than the ball such as the ground or a rock. Now we can't change your swing in this short article, but we can suggest what muscle groups to warm-up and stretch before practicing or playing a round of golf. Some examples of these are as follows:

Low Back Area: Piriformis muscle.



19260

San Antonio, TX 78258

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Medical Center Location

5282 Medical Drive, Suite 550, San Antonio, TX 78229

Lower Extremities: Quadriceps muscles.

210.593.0774/fax 210.593.0707

www.mypri.net



Shoulder: Posterior Shoulder muscles (Rotator Cuff).



We hope this gives you a guide on a few of the muscles to concentrate your efforts in order to be able to enjoy the great game of golf. If you would like assistance and instruction on a complete set of stretches and any further questions on exercise associated with preparing to play golf, feel free to contact us here at PRI. We can schedule an appointment to provide you with an individual assessment. Lastly, incorporating these stretches in your routine will allow you to be proactive in preventing injury so that you can continue to have fun and enjoy the great outdoors!!!

The health information contained herein is provided for educational purposes only and is not intended to replace discussions with a healthcare provider. Decisions regarding patient care must be made with a healthcare provider, considering the unique characteristics of the patient.

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