



IMG PHYSICAL THERAPY

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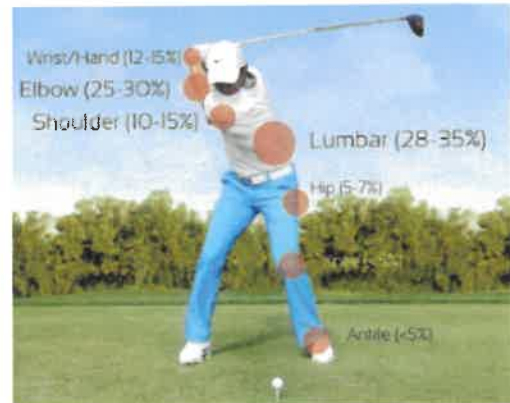
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COMMON GOLF INJURIES & PREVENTION EXERCISE PROGRAM

5 Most Common Golf Injuries

1. **Low back strains:** Most commonly right-sided low back pain in right-handed golfers
2. **Golfer's Elbow** (Medial Epicondylitis): Usually from hitting too far behind the ball, or hitting rocks and tree roots at impact. (more common in women)
3. **Shoulder Injuries:** The wide range of motion required during the entire golf swing places both arms at risk for impingement, rotator cuff injuries, and instability problems.
4. **Knee Pain:** Extreme forces and sudden twisting when putting weight through both knees can cause meniscus injuries and exacerbate arthritis symptoms.
5. **Neck muscle spasms:** Due to overuse and poor posture



Risk Factors

- Repetition of the motions involved in playing golf puts repeated stress on the joints including the neck, shoulder, elbow, wrist, hips, knees, and ankles.
- Poor flexibility further stresses the joints of the upper body (shoulders, elbow, wrists, and neck) and lower body (back, hips, and knees) and also inhibits the amount of end range motion in the backswing and follow-through.



Prevention

- Proper warm-up before each round, including dynamic muscle stretching, putting, chipping, and hitting a small bucket of balls at the driving range. *Warm-up details below.*
- Driving Range: when practicing at the range you should hit no more than one golf ball every minute (A bucket of 50 balls should take longer than 50 minutes to finish).
- Strength and conditioning program to increase performance and decrease risk of injury. *Exercise details below.*
- Proper swing mechanics to avoid putting additional stress on the joints of the back, shoulder, elbow, and knee.



- Proper equipment including correct club length, non-slip grips, golf shoes with soft spikes, and glove for leading hand.
- Decrease the amount of bending over; place clubs back in bag or on bench instead of ground.
- Adjustment to decrease stress at knee: externally rotate lead leg 20-40° to protect the inside of the knee and decrease the magnitude of forces and twisting during downswing and follow through.
- Quick fix to decrease neck strains: chin tuck before and during every swing.

GOLF INJURY PREVENTION EXERCISE PROGRAM



1. Shoulder Internal Rotation

- a. *Instructions:* While holding an elastic band at your side with your elbow bent, start with your hand away from your stomach, then pull the band towards your stomach. Keep your elbow near your side the entire time.
- b. *Parameters:* 2 sets x 15 reps, 2-3x/week on each arm

- a. *Instructions:*
elbow bent, start
band away. Keep
- b. *Parameters:* 2



2. Shoulder External Rotation

- While holding an elastic band at your side with your hand near your stomach and then pull the your elbow at your side the entire time.
- sets x 15 reps, 2-3x/week on each arm

3. Shoulder Flexion in Neutral Rotation

- a. *Instructions:* Hold a free weight in both hands with your elbows straight by your side and thumb facing up. Next, slowly raise one arm up in front of your body. Then lower to starting position and then repeat on the other side. Alternate to the other side after each repetition. * Do not let your shoulder shrug upwards and do not go over shoulder level height. *
- b. *Parameters:* 2 sets x 15 reps, 2-3x/week on each arm



4. Shoulder Scaption in Neutral Position

- a. *Instructions:* Hold a free weight in both hands and then raise them both up away from your side in a forward/lateral direction. Your elbows should be straight and the movement should occur in the plane of the scapula or 45 degrees to the side as shown. * Do not let your shoulder shrug upwards and do not lift over shoulder level height. *
- b. *Parameters:* 2 sets x 15 reps, 2-3x/week



5. Supine Chin Tuck



- a. *Instructions:* While lying on your back with a small rolled up towel under the curve of your neck, tuck your chin towards your chest. Maintain contact of your head with the surface you are lying on the entire time.
- b. *Parameters:* 10 second holds x 10 reps, 2-3x/week

6. Upper Trap Stretch

- a. *Instructions:* Begin by retracting your head back into a chin tuck position. Next, move your head towards one side with the help of your hand for light over pressure.
- b. *Parameters:* 30 second holds x 3 reps on each side



7. Wrist

- a. forearm on up as
forearm on down as shown.



Flexion & Extension Curls

- Instructions:* Flexion - Hold a small free weight, rest your a table and bend your wrist up and down with your palm face shown. Extension - Hold a small free weight, rest your a table and bend your wrist up and down with your palm face

- b. *Parameters:* 2 sets x 15 reps, 2-3x/week on each arm



8. TA (Transverse Abdominis) Contractions

- a. *Instructions:* Contract your lower abdominals as if you were trying to lift one leg from the table. Initiate the movement but do not lift foot greater than 3 inches from the table. Repeat opposite side. * Also known as lower abs *
- b. *Parameters:* 10 second holds x 10 reps lifting each leg

9. Forward Planks

- a. *Instructions:* While lying face down, lift your body up on your elbows and toes. Try to maintain a straight spine. Do not allow your hips or pelvis on either side to drop. Maintain pelvic neutral position the entire time. * A less difficult modification can be completed on your knees. *
- b. *Parameters:* 15-30 second holds x 3 reps



10. Chops with TheraBand

- a. *Instructions:* Chops (High to Low) – Stand with your hands in front of your shoulder, and bring hands down to your opposite hip ending with your arms straight, and a small rotation through your upper body. Lifts (Low to High)– Start with hands at your hip, and then bring them up to your opposite shoulder.
- b. *Parameters:* 2 sets x 15 reps each direction, 2-3x/week



11. Squats

- a. *Instructions:* When squatting, bend over at the waist, tighten your stomach muscles by drawing in your navel and keep your back straight while bending at your hips; emphasize your weight going through your heels.
- b. *Parameters:* 2 sets x 15 reps, 2-3x/week

12. Ball Squeeze Hip Adduction Isometrics

- a. *Instructions:* Place a rolled-up towel, ball or pillow between your knees and press your knees together so that you squeeze the object firmly. Hold and then release and repeat making sure you breathe the entire time.
- b. *Parameters:* 10 second holds x 10 reps, 2-3x/week



13. Supine Straight Leg Raise

- a. *Instructions:* While lying on your back, raise up your leg with a straight knee. Keep the opposite knee bent with the foot planted on the ground.
- b. *Parameters:* 2 sets x 15 reps, 2-3x/week

14. Side Lying Straight Leg Raise (Hip Abduction)

- a. *Instructions:* While lying on your side, slowly raise up your top leg to the side. Keep your knee straight and toes pointed forward. Keep your leg in-line with your body. The bottom leg can be bent to stabilize your body. To make this more challenging straighten bottom leg to engage your core muscles.
- b. *Parameters:* 2 sets x 15 reps, 2-3x/week



15. Cardiovascular Conditioning Exercise

- a. *Instructions:* Walking, running, or biking is a great way to improve cardiovascular endurance and improve leg strength.
- b. *Parameters:* ≥5 days/week of moderate intensity exercise for 30-60 minutes/day.



NOTICE: If you are having any pain with any of these exercises, besides muscle soreness, please contact IMG-PT at 610-944-8140, and our excellent staff would be happy to help with your rehabilitation to get you back on the golf course. **Warning:** This exercise program may add distance to your drive, but we cannot guarantee you will hit the ball any straighter.