



Back Pain in Golfers

Low back pain is the most common problem encountered by golfers of all abilities. It is thought that most of this is due to the powerful rotation and extension motion in a golf swing. In professionals it's due to the excessive forces of club speed; in amateurs it's often due to poor technique or lack of flexibility.

Golfers who carry their own bag report twice as much **back pain** as those who don't. For some people this can be a matter of pride, or just due to the rules of the course. If this is the case make sure your bag has a criss-cross strap to balance the force over both shoulders, or try to remember to swap / alternate sides when walking between holes.

So how can we reduce the chances of **back pain**? Everyone knows how important the warm up is, but still many people don't do one. The warm up prepares the body and mind for the activity we are about to perform, and in golf, reduces the rate of injury by half. It is reported that 80% of golfers spend less than 10 minutes on their warm up. Generally the better the standard of golfer – the longer they spend warming-up. I'm sure this is not a coincidence?

The best warm up exercises should be done as dynamic movements including; standing pelvic tilts, trunk rotations, standing hip stretch, stretch shoulders with golf club behind your back, neck stretch, and upper back stretch with the golf club out in front of you.

So next time you go to play golf, set off 10 minutes early and make sure you warm-up!

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