



## Mind Your Posture: Golf

### *Stay on course with these top tips*

*Whether an old hand or new to the sport, golf is an addictive sporting pastime for many across the nation. The British Chiropractic Association is encouraging amateur golfers to check their swing to avoid unnecessary injury. Having just one joint or muscle out of line can make 18 holes seem like 108 and it's no wonder if you have to swing your club 70-100 times with an injured back or wrist. By simply aligning the body perfectly, everyone can play golf better, with less effort and have more fun at the same time.*

High profile professional golfers can suffer injuries, but the amateur player may be more at risk than Rory, Justin or Lee! Poor technique, inadequate stretching prior and post-match and incorrectly carrying heavy golf bags are the main causes, but following a few simple tips can solve the problem.

### **The Pressure Points**

- The lower back, shoulders and wrists are the most obvious joints at risk for golfers through the repetitive nature of the golf swing, but carrying a golf bag can also place an enormous strain on your neck. Take advantage of the latest golf accessories specially designed to help such as lighter bags and dual harness straps over shoulders to distribute weight evenly.

### **Warm Up**

- Golfers often don't warm up properly before playing – if muscles are not prepared by a good stretching routine, this can lead to a lack of flexibility and injury. Spend two or three minutes warming up before teeing off. Stretch hamstring, quads, chest muscles and shoulders.

## On the Course

- Drive – make the most of your swing; warm up on the driving range.
- Don't forget that, like any sport, a good post-event stretch is also required.
- When picking up golf bags, bend carefully from the knees.
- Contrary to popular belief, trolleys are not the best way to caddy clubs as this builds unnecessary pressure from pulling and bending in the wrong positions. A power or electric caddy is the safest way to go around.
- Wear proper shoes for stability and to help avoid twisting the back and hips.

Further information about chiropractic can be obtained by logging on to [www.chiropractic-uk.co.uk](http://www.chiropractic-uk.co.uk)

For further information contact the  
British Chiropractic Association on 0118 950 5950