

# Conditioning for an *injury-free* golf season



## GUEST CORNER

LIZE LUBBE

Golf is good exercise for young and old in the fresh air.

With Spring around the corner, now is the time to prepare your body for good days on the golf course and reduce the risk of possible injuries. You can minimize injuries by improving your physical limitations: tightness, weakness, and functional balance instabilities. Remember that when you play golf, your whole-body functions together as a unit. It is therefore crucial to maintain a balance in your body between conditioning, flexibility, strength, stability, and balance.

### Causes of most common golf injuries:

The most common golf injuries occur in the wrists, elbows, shoulders, back and knees due to repetitive movement during a golf swing.

- **Wrist injuries:** over stretching muscles during the full golf swing and lead to wrist tendonitis. Two major groups of muscles form tendons that attach onto the bones in the wrist. First, the flexor group that is on the palm side of the hand and allow you to form a grip around the golf club. And second, the extensor group on the back of the wrist that opens the fingers and keeps the wrist stable during the impact and swing. The latter group is more prone to tendonitis because they are over stretched during the full golf swing.

- **Elbow injuries:** Golfers frequently develop elbow tendonitis from using an incorrect grip or an overuse of their forearm muscles (in the inner tendon of the elbow or “golfers’ elbow” or in the outer tendon of the elbow or “tennis elbow”).

- **Shoulder injuries:** The golf swing places stress on your shoulders and can cause rotator cuff tendinitis due to overuse of your shoulders, tightness in the thoracic spine and shoulder joints.

- **Back injuries:** With each golf swing, your body undergoes a combination of rotational, compression, stretching, and shearing forces that can result in back pain due to weakness in your core and gluts.

- **Knee injuries:** Knee pain can result from improper weight distribution during your golf swing as your feet are firmly on the ground and your hips and torso rotate during the golf swing which puts stress on the knees.

### Prevent golf injuries through proper conditioning:

The following conditioning tips will

get you ready for the golf season and reduce the risk of injuries:

1. Warm up and build up your endurance. Take a daily brisk 20-30 min walk. Elongate your spine, swing arms, taking long strides.

2. Stretching. (Done seated in an upright chair. Do slowly and pain free to both sides. Repeat 10 times - hold 15-20sec.)

- Fold your arms and rotate your thoracic spine and head from one side to the other side, exhale as you turn.

- Bend from the waist down to the ground stretching the lower back out.

- Straighten your one leg out with your heel on the floor, flex your foot back and gently lean forward with both hands towards your ankle – feel the stretch behind your leg, knee, and calf.

- Cross right ankle over left knee and lean forward towards your right foot until you feel the stretch in the right buttock.

- Arms straight out in front of chest. Bend your wrists and fingers down and up, feel the stretch in your forearms.

3. Strengthening. (Repeat 10 times, hold 5 sec. Add more weight or resistance bands and repetitions as you get stronger.)

- Lay on the ground, knees bent and feet flat. Tighten the core muscles and slowly raise your buttocks up to the ceiling in a bridge position. Add a small ball between knees and squeeze the ball as you bridge up. Then tie a belt above your knees to push knees open as you lift.

- Lay on your side, knees bent. Open the top knee to ceiling in a clam shell, keeping your feet together.

- Lay on your side, bottom leg bent and top leg straight. Lift top leg sideways up keeping a straight line with your body and your leg.

- Go onto your elbows and move your knees further away from your elbows into a modified plank position if you feel strong and comfortable go on your toes into a full plank tightening your core and gluts.

4. Functional balance while standing. Stand in a semi-squat position feet shoulder width apart. Hold a 3-5lb weight with both hands and transfer your weight from right leg to the left leg keep-

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-Lize Lubbe

Physical Therapist at Lize Lubbe Physical Therapy

ing your core and gluts tight, rotating from the hips to the thoracic spine, mimicking the golf swing, but keeping the weight below shoulder level. Repeat both sides.

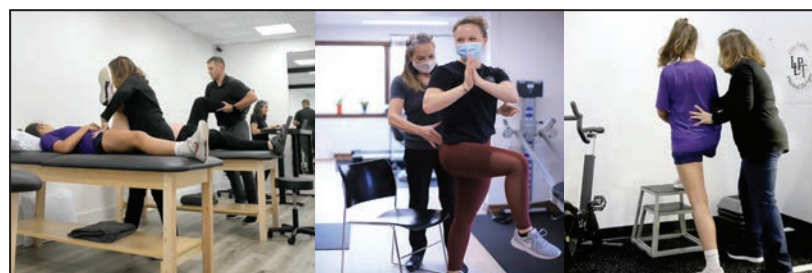
### Additional preparation for the golf season:

Doing the correct exercises is not enough to prevent injuries. Also improve your golf technique through the professional guidance of a golf pro. APEX Fitness in Cross River has a golf pro and an indoor golf simulator that can help you understand and

identify swing faults and reinforce correct mechanics and changing wrong behavior.

Contact your physical therapist timely if you experience any physical discomfort that may hinder your game.

Lize Lubbe is the owner of Lize Lubbe Physical Therapy with its main practice located at 892 Route 35 in Cross River and a PT Studio in the premises of Apex Fitness (where her team focus on the rehabilitation of sports-related injuries). Learn more by calling 914-875-9430, emailing contact@lizelubbept.com or visiting www.lizelubbept.com



Lize Lubbe Physical Therapy (LLPT) has opened a PT Studio on the premises of Apex Fitness (at Orchard Square at Cross River) to focus on sports-related physical therapy rehabilitation services.

Our PT Studio at Apex will serve the needs of high school and college athletes, runners, golfers and tennis players, devotees and “weekend warrior” work-out gym members, and non-gym members, and other sport enthusiasts to continue their fitness goals, free of pain and to restore full pain-free mobility after injury.

Our PT Studio will be staffed with physical therapists who specialize in working with athletes, young and old. Our team provides dedicated, personable hands-on physical therapy rehabilitation services to help you prevent injuries and, if injured, to accelerate your recovery.

### The professional services of our team at the PT Studio include the following:

- A free walk-in basic sports-related injury screening of about 10 minutes
- Guidance on sport-specific warm-up and exercise programs
- Brief assessment and Kinesio taping
- Individualized full PT rehabilitation treatment programs to recover from injury or surgery with full access to all the equipment at Apex Fitness, to get you back practicing your chosen sport, pain-free

Lize Lubbe  
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