

# Simple Cures for Common Golf Injuries



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## INTRODUCTION

Thank you so much for your interest.

Working with athletes has allowed me to excel at sports related injuries. It has also taught me that athletes know a great deal about their bodies, educating me a time or two. I always admire athletes that know their bodies so well that they can identify imbalances and appreciate when the body is correctly tuned. If you are one of these athletes, and even if you aren't, these simple solutions can give you the tools and relief you need to get back in the game. As always, consult your physician first.

## BACK PAIN

Hunched over a desk at work, Hunched over a computer at home, hunched over on the couch to watch a TV show. Time to get some exercise...now hunched over a golf club. **A healthy posture throughout the day is one of the simplest preventions for back pain.**

- Your back is made up of 4 curves: The cervical spine in your neck
- The thoracic spine between your shoulder blades  
The lumbar spine of your low back
- The sacral bone (tailbone) that has fused into a curved shape



These curves allow for the spring-like function of absorbing shock when we walk upright. If we were to have a stick instead of a spring, it would be like using a walking stick versus a slinky. With the walking stick we can feel the impact with every step, or every time it hits the ground. With a slinky or a spring we get to walk around God's green earth without any pain. That is, until we cause a dysfunction in one or more of those curves. Slouching all day can cause us to lose the curve in our cervical spine or our lumbar spine, or exaggerate our thoracic spine, causing dysfunction and pain.

Be sure to take breaks from sitting. Get up every 20-30 minutes. Reach your hands up over your head, arch back, bend to the sides, and stretch your hamstrings and calves.

When you are lifting your golf bag or teeing up, remember to bend from the knees keeping your back straight. Use those quads! Engage your core (stomach muscles) during your swing to avoid hyper-extending your lower spine during follow-through.

If you over did it on the golf range be sure to apply a cold pack to the area for 20 minutes 3-5 times a day for three days.

## GOLFER'S ELBOW

Also called Tennis Elbow or Lateral Epicondylitis, pain in the elbow is sure to get your game sideline.

The muscles that bend your wrist forward and back are called flexors and extensors.

These are antagonist muscles, which means when your flexors are on, your extensors are off and vice versa. Our daily activities of holding our toothbrush, our coffee cup, grasping the steering wheel and typing on our computers only engage our flexors. Our extensors are sadly neglected. When we add grasping a golf club, we may be aggravating an already compromised system.



Which is why looser elbows and lighter grip strength is important.

**A simple balancing move would be extending your wrist back while keeping your elbow straight.** Don't forget to keep your fingers straight as well, since curling them in, can activate those flexors and defeat the purpose of this move. Now rotate your wrist. It will look like you are waving like the Queen of England.

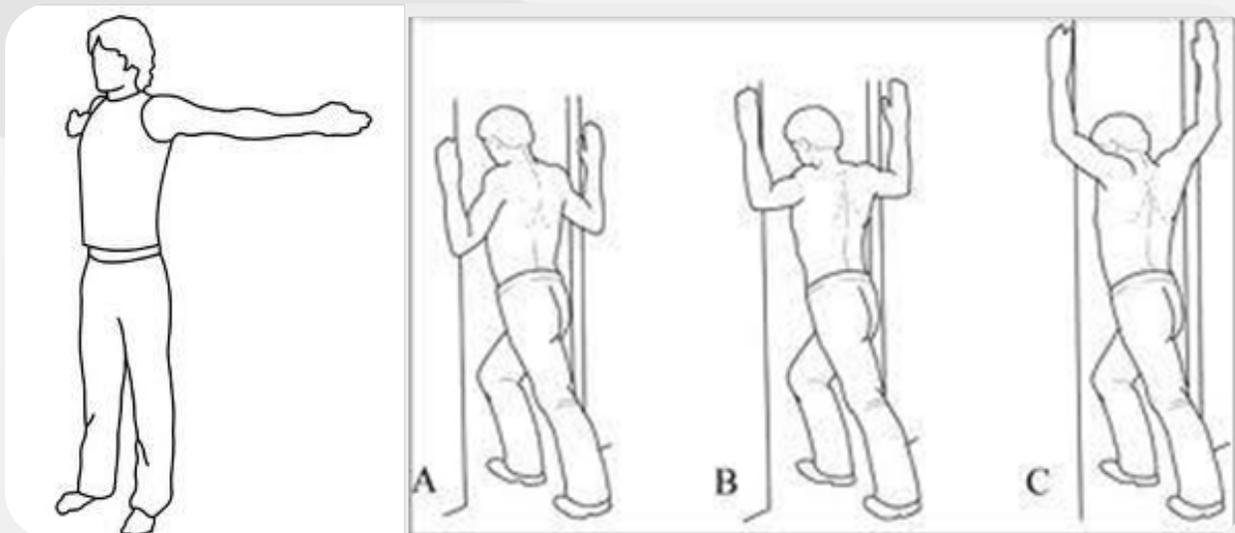
For those with a slower swing speed, a low compression ball can help decrease elbow strain. Elbow strain can also be decreased with practicing on real turf and teeing-up on fairway shots, when possible.

When this type of injury occurs, apply cold packs to reduce inflammation and pain. A forearm strap that wraps around your arm just below your elbow can support this area well. You will notice that if you press into the muscles around this area they will be very tender. Massaging them out is important.

## SHOULDER PAIN

If you have ever felt shoulder pain that involves the arm and shoulder blade in an ache-y and tired sensation, you may be experiencing a slipped bicipital tendon. This can occur when the muscles in the front of the chest get tight either from being in a shortened position like sleeping on that side or an activity like throwing or slouching. This can cause an internal rotation of the arm that can misalign the bicipital tendon. A simple technique that is quite effective is holding your thumb (from your opposite arm) on the inside portion of the biceps tendon insertion in the area in the front of the shoulder (while holding pressure with your thumb) rotate your arm outward. **You may feel a small movement and notice sudden relief.** It is one of the techniques I do in my clinic that has immediate results.

To maintain this correction, keep your shoulders rolled back, stretch your chest muscles and maintain good posture while sitting.



## CARPAL TUNNEL-LIKE SYNDROME

The same dysfunction that can occur in the shoulder and elbow can display symptoms in the wrist and hand. This can be mistaken for a narrowing of the tunnel that nerves pass through in the wrist.

Numbness and tingling in the fingers can be caused from an impingement in the nerves at the level of the wrist, elbow shoulder or neck.

Three things can cause a pinch on the nerves: bone, disc and muscle. Most often, it is a misalignment in the wrist, elbow or cervical spine (neck). A simple, gentle and effective chiropractic adjustment (with or without the “popping” sound) often resolves this condition quickly.

Keeping the muscles in this area balanced is the key to avoiding or rehabilitating this condition. Remember the “wave like a queen” exercise for the elbow? It would apply here too.

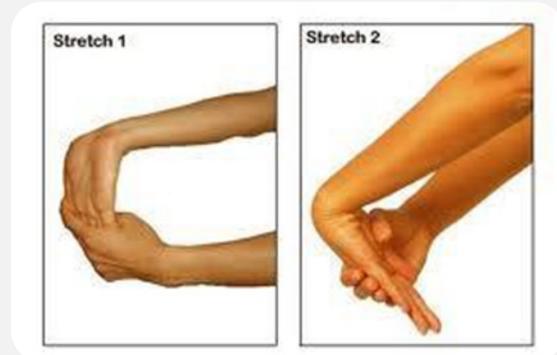
Night splints can be used to maintain a good position of the wrists when you are sleeping.

Make sure the grips on your clubs fit well in your hand. Correct this if they don't.

**Keep a light grip and stretch the flexors and extensors of your forearms.**

Reduce repetitive movements in your daily activities.

Arnica Montana is a homeopathic remedy that can be purchased as a cream or gel and when applied can give relief, as can taking a vitamin B Complex supplement.



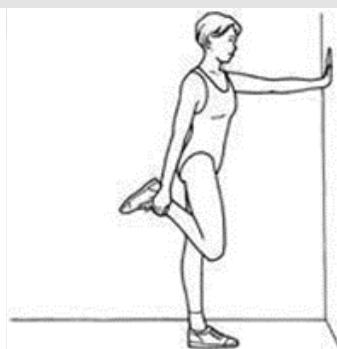
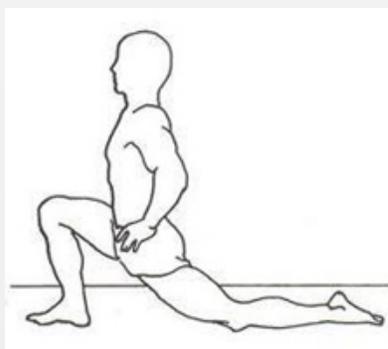
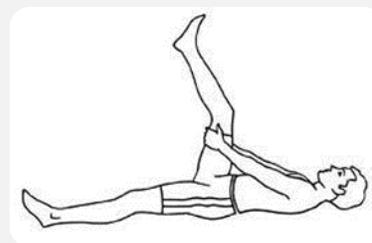
## KNEE PAIN

Sitting all day can shorten the muscles on the back of the leg, the hamstrings and calves and the muscles on the front of the hip. Consider what happens when the calf muscle gets short from keeping it short all day, every day by sitting long hours. The calf muscle pulls on what it is attached to, the bones in the back of the knee and the heel. It can pull the bones out of their normal functional range setting you up for an imbalance that can lead to a torn meniscus or acl. Don't ignore knee pain. If the imbalance is found and corrected, you can easily avoid a future of surgery.

It starts with a healthy habit of getting up from a seated position frequently throughout the day. Moving and stretching the muscles of the calf, quadriceps, hamstrings and psoas muscles (in the front of the hip).

Avoiding spiked shoes which can cause more twist of the knee while golfing and good form, of course.

**At the first sign of knee pain massage the calves, hamstrings and quadriceps.** Apply cold to the knee to decrease inflammation and reduce pain. Wrap the knee for extra support. In our clinic we use Kinesio Tape. It is a special tape that pulls up on the tissue to allow healing of the underlying area. It is very effective and has been used by the Olympic athletes.



## CONCLUSION

Working with golfers over the last 20+ years I have found these conditions to be the most common and easily corrected. The quicker you identify and correct these imbalances, the better and quicker your resolution.

As a chiropractic kinesiologist, I use muscle testing to evaluate imbalances in the structural, biochemical and psyche systems of the body. I have studied many techniques that allow a wide variety of comfortable options, as our patients goals are our top priority.

Please don't hesitate to call our clinic (248-213-1332) for more information. You can also find us at [www.SpecificWellness.com](http://www.SpecificWellness.com)

Sincerely,

*Dr. Stacey*