



## Are You Ready for Golf?

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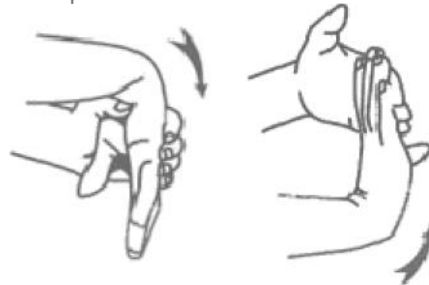
Aches and pains resulting from golf are not uncommon. Most golfers are aware of a condition called golfers elbow which affects both amateurs and professionals.

Golfers elbow, also known as medial epicondylitis involves inflammation of the muscles and tendons that bend the wrist and fingers forward. The injury usually occurs in the right elbow of the right handed player. The pain is felt on the inner aspect of the elbow and may initially only be present when playing golf, however daily activities may become painful as the inflammation worsens.

Golfers elbow is usually an overuse condition associated with excessive driving or it develops as a result of mis-hitting the ball and striking the ground. Weak, inflexible muscles, improper equipment or technique may predispose you to developing the condition.

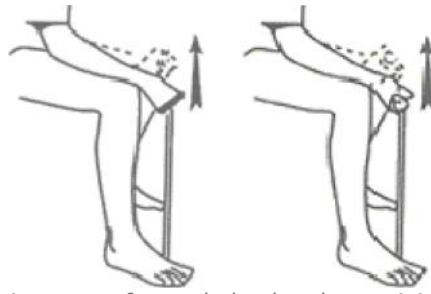
Golfers may also develop "tennis elbow" which affects the muscles and tendons that bend the wrist backwards. It can develop in either elbow of the golfer. A right arm injury in the right handed player is associated with a poor grip or over-straightened elbows. A left arm injury in the right handed player develops when a shot is blocked by a big divot or by hitting rough ground.

Flexibility exercises are paramount in the treatment and prevention of elbow injuries. Stretching needs to be done on a regular basis to be effective - even in the off season! The following two stretches are for the prevention and treatment of elbow injuries.



Hold these positions for 30 seconds without bouncing and repeat 3-5 times consecutively. Perform each exercise on a daily basis as well as before and during play.

Strengthening the forearm muscles is important in prevention, rehabilitation from an injury and also in improving your stroke. You can use free weights, elastic tubing or bands.



Repeat 3 sets of 10-15 repetitions , performed slowly when raising and lowering. For prevention repeat 3 times a week.

When an injury occurs, early intervention is important. Elbow injuries have a tendency to become chronic when ignored. Applying ice to the injury helps to limit the inflammation. Consult a physiotherapist for further guidance on treatment and returning to golf.