

Preventing LOWER BACK PAIN in Golfers

WHAT CAUSES THE PAIN?

The repetitive movement of the golf swing is one of the factors that causes back pain in golfers. During the golf swing, the back is put into an unnatural position in which the weight of the body is shifted, the spine is torqued and the weight of the club is placed over the shoulders and behind the neck.



PREVENTION

To prevent lower back pain, golfers should participate in a golf-specific fitness programs that focus on the muscles of the body that are used in the golf swing, particularly the core the area from the shoulders to the knees.



TREATMENT

First, warm up the muscles prior to any golf game. Increased blood and oxygen flow to the muscles prepares them for activity. After play, icing painful areas of the back will help decrease inflammation. Finally, massage the muscles to keep them loose.



See your local chiropractor to ensure you're using proper body mechanics to prevent back injuries from golf and everyday activities.