

# FACT SHEET

## GOLFING HANDICAPS



Most of us know that playing golf is a challenge in itself, particularly for those who may be seasonal players!

Many golfers are, however, injuring themselves unnecessarily on the course. These injuries usually occur to the back and may be caused by:

- Poor technique involving too much twisting in the spine
- Inadequate stretching leading to a lack of flexibility.

Local Chiropractor Doug Clark says, "These problems are easily remedied with improvements in the swing and gentle exercises. It is important to note that an injury may occur that does not result in immediate pain, but causes compensation elsewhere in the body. A check with your local Chiropractor will locate any potential problems and help to prevent them from occurring in the first place."

### SIMPLE WARM UP EXERCISES FOR GOLF

- **Exercise 1** – put a club horizontally across the middle of your back and hold it there in the bend of your elbows. Swing gently from side to side lifting each heel off the ground as the swing reaches the opposite side i.e. so hips end up facing the same way as the shoulders
- **Exercise 2** – hold the club across the back of your shoulders with both hands. Swing gently and repeat as for Exercise 1
- **Exercise 3** – drop the club across the lower back holding with both hands and lift away from your body backwards. Hold it there whilst you swing gently.

For advice or a free consultation please call Dynamic Chiropractic on 0800 652 8854

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