



Ontario  
Chiropractic  
Association



## GET IN THE GAME WITHOUT THE PAIN

One key to success on the golf course can't be found at the pro shop. It's the physical condition of the golfer. Pain shouldn't be par for the course. Stay in the game by protecting your back.

When you consider the spinal rotation that goes into a golf swing and the fact that the speed of the club can reach 160 km/hour, it's easy to understand that golf puts significant stress on your body.

Follow these tips to improve your game and prevent the pain.

### 1. Warm up and warm down

Take a few minutes to stretch before and after your game. Start with a brisk walk — 10 to 15 minutes should do it. Then do some light stretching.

### 2. Stay hydrated

Drink plenty of fluids before, during and after your game. Remember that once you are thirsty, you are already starting to dehydrate.

### 3. Push, don't carry, your golf bag

Pushing or pulling your bag and taking turns riding in a cart can help you prevent back injury. If you prefer to carry your clubs, use a double-

strap bag that evenly distributes the weight. If your bag gets too heavy, put it down and take a break.

### 4. Choose the right shoes

Wearing a golf shoe with good support and the proper fit can help prevent knee, hip and lower back pain.

### 5. Take lessons

The right swing technique can do more than improve your game. It can also spare you unnecessary pain. Working with a professional is a great way to learn the basics.

