Summer

Golf is a sport that British Columbians of all ages enjoy. Plus, the mild climate in many parts of BC allows golf enthusiasts to hit the links year round. Like any sport, it's possible to become injured while golfing. This is especially true if players don't take the time for a proper warm up. A dynamic warm up allows golfers to gradually warm up the body's tissues in preparation for swinging activities. This can improve performance and help to prevent muscle strains and joint sprains.

If you feel pain during or after golf, a physiotherapist can help.

Aart van Gorkum (Main Street Physiotherapy Clinic) is an avid golfer who knows the importance of warming up to prevent golf related injuries.

physio⁴   **Golf Tips** to prevent injury, alleviate pain and keep you moving for life.

1. **Activate with a general warm up**. Start with 5-10 minutes of large muscle activity such as a brisk walk, stair climbing or a stationary bike ride before you play. Then, do some mini squats (holding on to your golf club for balance) and mini lunges to help lubricate stiff hips, knees and ankle joints.

2. **Do a swing specific warm up**. A sport specific, dynamic warm-up allows for optimal performance and injury prevention. Arm and leg swings and torso twists will help warm up your shoulders, hips and back. Do a sequence of gradually increasing practice swings before hitting any balls.

3. **Ensure proper postural alignment**. Do your posture a favour and reduce the amount of equipment in your golf bag. And, your physiotherapist can help you avoid incorrect postural alignment at the shoulders and torso, or hips and legs that can lead to poor or inconsistent shots.

4. **Deactivate after your golf game**. Loosening up tight tissues by stretching in the whirlpool or shower will help regain and maintain muscle length. Self-massage can help decrease painful tension and ice can help minimize inflammation and pain.

To contact a physiotherapist to arrange an assessment that could help improve your game, visit www.movingforlife.ca.