



## Tip

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## Further Tips

Here are some other tips to help reduce your likelihood of getting golf injuries as you get older:

- Have a regular stretching routine to improve your flexibility.
- Maintain and improve your muscle strength to help support the joints in your body.
- See a golf specialized physiotherapist. Their understanding of the body and golf swing mechanics will help identify exactly what your individual physical limitations are and will be able to work with your golf professional to help create a safe swing for you.
- See your golf professional to ensure that your golf swing mechanics are not putting excessive pressure on your joints.
- Be sure to warm up before you head on to the course! It's a routine that everyone should follow if you want to play your best and not get injured!
- Check into devices like wrist or knee braces and gloves that are made especially for people with arthritis.
- Keep your weight under control. Increased weight will place greater strain on your joints.

# IT'S YOUR SWING, NOT YOUR AGE!

**Getting older is a fact of life.** But our enthusiasm for sports doesn't diminish as we age. In fact, most golfers enthusiasm gets greater with age! Unfortunately our bodies may become less resilient and less flexible. Age however should not be a barrier to playing golf, but in order to play as well as you can for as long as you can it is important that you can adopt a swing that is safe and efficient and works within your physical limitations.

Many golfers come to me with an injury they sustained while playing golf, and blame their age for their injury. It takes me just one look at their swing to realize it's not their age, but their swing

that is predisposing them to injury. Usually I don't even have to look past their golf address posture to pin point the problem!

Good golf posture is a fundamental for good swing mechanics. Most golfers realize this. Professional golfers are seen on TV every weekend with perfect posture and a nice neutral spine when they address the ball, so golfers are always trying to replicate this. However what I often see is that players think that they are standing over the ball with near perfect posture, but in reality they're not. They are often hunched over, their shoulders are rounded, and the spine is curved forward. It's not until they see

themselves on camera or in the mirror that they realize how poor their posture is.

When you address the ball with bad posture you are inhibiting your ability to rotate through the correct parts of the body during your golf swing, so you are immediately predisposing yourself to injury. The result is that there is more strain through areas such as your knees, hips, lower back, shoulders, elbows and wrists.

So a good place to start with reducing your likelihood of injuring your body while playing golf, is by ensuring that you adopt a good address posture with a nice neutral spine.