



## GOLF & LOW BACK PAIN

AN UNHAPPY COUPLE!

**It is an unfortunate fact that many golfers suffer from low back pain. The back is an area of the body that undergoes significant movement and muscular activity during the golf swing. Not surprisingly, this has resulted in a great deal of research having been conducted on the forces produced by the 'modern' swing on the low back.**

The current knowledge - as it relates to the biomechanical causes of low back pain in golfers – is as follows;

Golfers, both elite and amateur, with low back pain have been found to have:

- Decreased trunk extension strength
- Hip adduction strength deficits
- Reduced trunk flexion velocity on the down swing (i.e. too little abdominal muscle activity)
- Less endurance in the trunk rotation muscles on the follow-through (even though peak torque was the same as those without low back pain)

- Excessive spinal flexion when addressing the ball
- Surplus side bending on the back swing
- Too little trunk rotation (when standing up straight) leading, therefore, to compressive rotation in the spine when swinging and to limited trunk rotation angle toward the non-lead side
- Range of motion deficits in lead hip rotation
- Decreased lumbar extension range of motion (i.e. range of motion bending backwards)
- Inadequate separation of upper torso rotation from pelvic rotation (i.e. too little upper rotation and/or too much pelvic rotation)

Therefore, it is easy to see that a valuable rehabilitation approach to low back pain in golfers should include both range of motion exercises and a strengthening routine.

Sadly, many people have found that their own exercise program has not completely resolved the problem; therefore the problem continually reoccurs.

One must consider things such as;

- a) tightness within the vertebral column joints (especially in the mid

- back) due to repeated poor posture,
- b) tightness in the hip joint capsules due to prolonged positions like sitting and/or
- c) adhesions in the muscle and fascia tissue due to previous injury. This is when direct manual therapy to the area(s) may be needed, which will address the tightness that stretching and strengthening alone did not attend.

If you have tried in vain to heal your complaints on your own, consider calling today for an assessment with an Athletic or Physical Therapist!

**Your referrals are the foundation of our business ... Many Thanks!**

### OFFICE HOURS

#### Monday - Thursday

7am - 7pm

#### Friday

7am - 3:30pm

#### Saturday

8am - 2pm



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