



MINIMIZE INJURY AND IMPROVE YOUR GOLF SWING *WITH PHYSIOTHERAPY*

www.LakeCountryPhysio.com | (705) 413-3587

INSIDE:

- Stretching vs. Strengthening; *What Helps More?*
- What To Expect In Physiotherapy • Healthy Recipe



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Are you tired of aches and pains every golf season? Have you wondered what is better, working on mobility or strength to prevent injuries and improve your swing? At Lake Country Physiotherapy, our physiotherapists are highly trained movement experts. We can help figure out any weaknesses or restrictions in motion that may be affecting your swing and/or causing pain.

Golf is one of the most popular sports worldwide and can be played by people of all ages, both genders, and by varying degrees of ability and experience. Most golf injuries are overuse-type conditions due to poor swing mechanics, lack of motion, strength, and/or improper warm-up.

Our physiotherapists are experienced at resolving golfers' injuries, old and new. We understand the mechanics of golf swing and the specific mobility demands on individual joints, strength demands, and your body's coordination as a whole.

Request an appointment at Lake Country Physiotherapy today and let one of our physiotherapists assess you and help resolve any restriction or weakness limiting your time on the course. Our goal is to give you the tools to swing the club pain-free!

Common Causes Of Injuries In Golf

Anyone who plays can tell you that golf requires coordination and mental concentration. It is also clear to anyone who plays a few rounds of golf that your muscles and joints need to be up for the task. Whether you are an experienced golfer winning your club tournaments or a new golfer still trying to figure out how to hit the ball correctly, injuries are a part of the game.

Researchers have determined that the force generation of a powerful drive can reach the same amount of force as a football player hitting a tackling sled. In addition, golfing requires repetitive motions throughout a single round. This repetitive motion is often blamed for any resulting overuse injury.

Another common type of injury is due to poor technique. Proper mechanics of a golf swing require the entire body to work in concert. This means from the foot to the neck, the joints and muscles must work together to achieve the golf swing. If any area in the body is not functioning correctly, an injury can happen.

Fortunately, our team of physiotherapists understands the demands and how to identify where you have restrictions in motion and weaknesses in muscles. **We can outline a program to restore and improve your function by identifying your impairments.**



1. Feel free to call us and ask to speak to your therapist.



2. Your therapist will tell you the possible causes of your pain as well as precautions you can take at home.



3. If further assessment is warranted, your therapist might recommend you come in for an appointment.

Call **Lake Country Physiotherapy** to talk with your physiotherapist today!

Stretching vs. Strengthening; What Helps More?

At Lake Country Physiotherapy, our therapists thoroughly understand movement and each joint and muscle demands during a golf swing. We use our expertise to identify and manage any restriction in movement or weakness in muscles. Our goal is to help you recover from an injury and improve your overall motion and strength so you can get back on the course doing what you love pain-free.

Understanding the connection between the segments in the body is where physiotherapists excel! For example, research shows that restrictions in the hip joint can lead to back pain (above) and/or knee pain (below). No matter where you experience pain, our team will assess the regions above and below to ensure they are not the real cause of your problems.

The most common injuries in golf occur to the following regions of the body:

- **Lower back:** Strength and mobility contribute to lower back pain. Swinging too forcefully and/or with too much or too little motion can lead to muscle strains and abnormal pressure on the spine's discs.

Senior golfers who have lost spinal mobility as they get older are particularly susceptible to lower back pain.

- **Shoulder:** Shoulder pain/injury can occur at any phase of the golf swing but tend to be due to restrictions in motion from degenerative changes and lack of motion in the spine. These restrictions put added stress on the joint and rotator cuff muscles.
- **Elbow:** Golfer's elbow is a form of micro-tearing in the tendons surrounding your elbow's inner aspect. This

condition is both an overuse condition and can also be due to neural insufficiency coming from the neck/shoulders.

- **Hip:** The hip joint typically has a lot of mobility. Any limitation in motion can impact the mechanics of your swing and leave you vulnerable to injury. The hip is subjected to repeated stresses and needs good motion and strength to withstand large forces during the golf swing.



As described above, limitations in hip joint mobility can lead to problems in the spine and knee regions.

Each joint and region of the body plays a unique role in proper swing mechanics. Proper rehabilitation and preventive programs will incorporate targeted mobility work and strengthening exercises.

Restrictions in motion can lead to faulty swing mechanics and increase the risk of injury. At the same time, weaknesses impair the body's ability to withstand the repetitions and force of a golf swing, which can lead to pain or injury.

Regardless of your problems, our physiotherapists can help identify your individual needs and teach you how to get stronger and move better!



**Get your life back on track with
Lake Country Physiotherapy!**

www.LakeCountryPhysio.com

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Staff Spotlight



**Dr. Margaret
Burghardt**

*BSc., MD, CCFP(SEM),
Diploma of Sport and
Exercise Medicine (CASEM)*

Dr. Margaret Burghardt is a Fellowship trained Physician with over 20 years of experience in Sport and Exercise Medicine. She completed medical school at the University of Toronto and a Primary Care Sports Medicine Fellowship at Western University. She successfully obtained the Diploma in Sport Medicine from the Canadian Academy of Sport and Exercise Medicine (CASEM) in 1996.

She provides care to active people and athletes of all ages and skill levels, from youth in recreational sport, to the adult hoping to be fit, to the elite competitive athlete. She has worked at International Games such as the Pan Am and ParaPan Am Games in Toronto and Winnipeg, the World Cycling Championships, and the World Triathlon Championships. She has travelled as team physician with Athletics Canada and has extra training in the Prevention and Treatment of Running Injuries.

On a personal note, Dr. Burghardt enjoys many outdoor activities including running and cross country skiing. She has participated in triathlons and half marathons over many years and enjoys hiking and cycle touring.

To learn more about our entire team, visit us online at lakecountryphysio.com/our-team today!

What To Expect In Physiotherapy

At Lake Country Physiotherapy, we will conduct a thorough evaluation that assesses individual joints and muscle groups and evaluates whole-body movements. The full-body assessments will help us identify restrictions or weaknesses affecting different body regions. This information will help us identify all the factors contributing to your pain/injury.



In addition, we will conduct a comprehensive history to understand any past injury contributing to your problem and your overall health status. This will help us design a program tailored to meet your individual needs.

Initially, our team may use modalities, provide education, and perform manual therapy techniques to alleviate pain and restore any lost mobility. The program will shift to an active rehabilitation focus, emphasizing strength, balance, and coordination drills as you improve.

The most successful programs incorporate golf-specific mobility work and strength training programs to help you achieve your best possible outcome and get back on the course sooner than later!

Request An Appointment Today!

At Lake Country Physiotherapy, our team of physiotherapists can help identify your limitations and give you the tools to resolve them once and for all!

Call (705) 413-3587 today to schedule an appointment with one of our specialists and get the results you've been looking for!

Sources:
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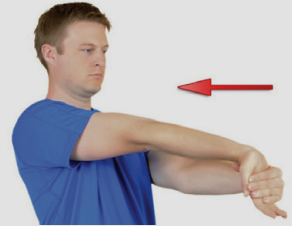
Healthy Recipe *Kachumber Salad (Indian Salad)*

- 1 small onion finely chopped
- 2 medium tomatoes chopped small
- 1 large cucumber chopped small
- 4-5 (4 to 5) red radishes chopped small (optional)
- 1 green chili finely chopped (remove seeds to reduce heat if needed)
- 1/4 cup (4 g) packed chopped cilantro
- 1/4 tsp (0.25 tsp) or more salt
- 1/4 tsp (0.25 tsp) or more freshly ground black pepper
- 1/4 tsp (0.25 tsp) or more cayenne pure red chili powder
- 1 tsp or more freshly squeezed lime or lemon juice

Chop the onions, tomatoes, cucumbers, radishes, wash and drain well then add to a bowl. Add the veggies and the rest of the ingredients to a bowl. Taste and adjust salt and heat. Serve.

<https://www.veganricha.com/kachumber-salad-cucumber-tomato-onion-salad-recipe/>

Exercise Essential



 SimpleSet Pro

WRIST FLEXOR STRETCH

Hold your arm out straight, with your wrist extended. Use the other hand to pull wrist further, feeling for a stretch. Hold for 5-10 seconds, keeping your elbow straight.

Did You Know?

We Can Also Treat:

- Back Pain
- Contusions
- Headaches
- Hip Pain
- Joint Pain
- Knee Pain
- Mobility Issues
- Neck Pain
- Pelvic Injuries
- Shoulder Pain
- Sports Injuries
- Sprains