



- 1.** Golf may seem like a low-risk sport. While very safe, golf injuries are responsible for more than 100,000 trips to seek medical attention every year in the U.S. Injuries frequently occur at the shoulder, elbow, wrist, hip, knee, ankle, and back. One of the keys to injury prevention lies in pre-season preparation. Core workouts that focus on the postural muscles of the back, or abdominal workouts can both help to stabilize the spine and prevent those troubling back injuries that can cut your season short.
- 2.** A key to prevention of golf injury is proper swing mechanics. There can be a tremendous amount of force generated by the golf swing, particularly by amateurs who instinctively feel that the harder one swings, the farther it will go. Swinging as hard as possible, particularly with bad mechanics, not only doesn't equate to better or longer shots, it can lead to injuries. Often, when things aren't going well with one's swing, the temptation is to "muscle through it." This is a recipe for injury, not to mention committing a mechanically-flawed swing to muscle memory. If things aren't going well with the swing and you can't seem to correct it, ask your local PGA professional for help. They can identify a problem in your swing very quickly that may not only prevent an injury but improve your swing.
- 3.** Golf is a strenuous game and puts lots of stress on our muscles, tendons, and joints. One of the most important elements to an injury-free round is appropriate flexibility. Before hitting the tee, take the time to warm up your body with adequate stretching. Focus on areas that work hardest during your swing, like legs, shoulders, and low back. If you have time to hit some range balls, gradually increase the length and force of your strokes to break your body in gradually. By getting your body prepared, not only will you perform at your peak, but you'll be ready to do it again soon without a trip to the disabled list.