

Common Golf Injuries

1. Back pain
2. Tennis elbow/ Golfer's elbow
3. Shoulder injuries
4. Knee Injuries
5. Hand and wrist injuries

Backache

Mechanical back pain

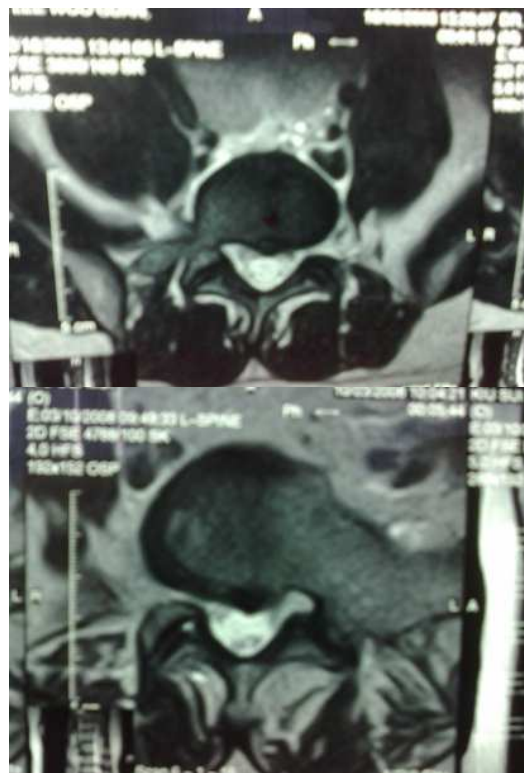
- Disc-related back pain
- Arthritis pain
- Stress fracture

Pain in back, stiffness, muscle spasms, leg symptoms if nerve irritation is present (numbness, pain, and/or weakness in the legs)

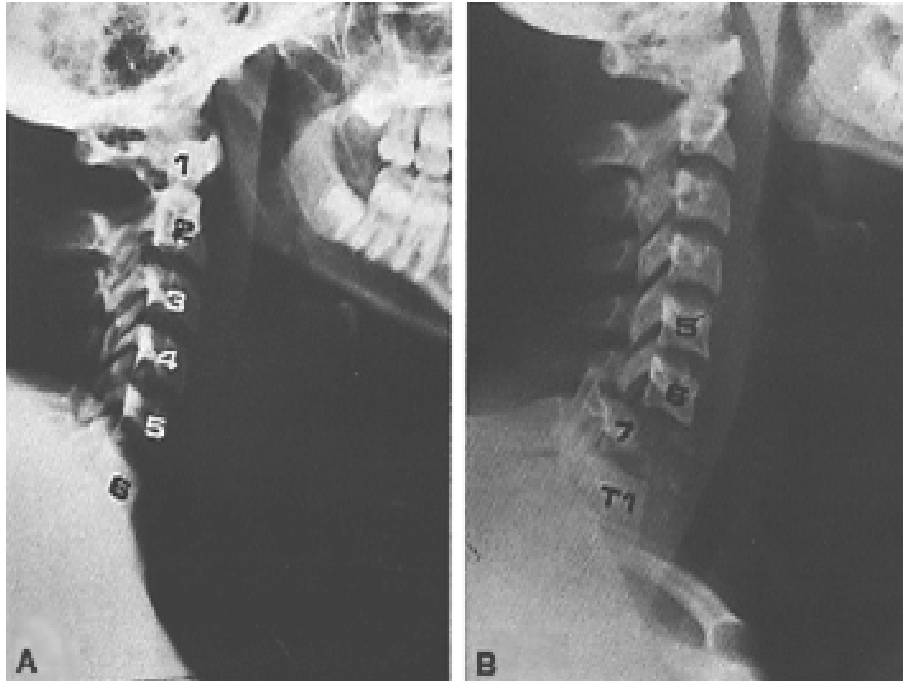
Back pain

- The golf swing (not to mention the hunched-over putting stance many of us get into) puts great stress on the golfer's back, so it's no surprise back pain is the most common problem for golfers. Back pain in golfers might be mechanical or disc-related, arthritis-related, or caused by a stress fracture, among other possible causes.

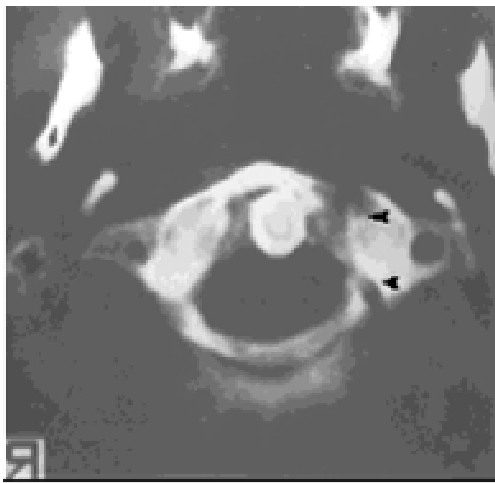
Spine injuries



Spine Injuries



Spine Injuries



Back Injuries

- Do:
 - Use proper back mechanics when lifting your bag.
 - Bend through the knees (squat) when retrieving the ball.
 - Consider switching to a putter with a longer shaft.
- Slow down the backswing to minimize rotational stress on the lower back at the top of the backswing.

Back Injuries

- Adopt a big shoulder and hip turn on the backswing (classic swing technique).
 - Make sure body weight is properly shifted to the right foot during the backswing, and that the arms and shoulders are kept within the plane of the swing at the top of the backswing.

Back Injuries

- Don't:
 - Place the feet too far apart at the address phase (this limits the hip turn later in the swing and increases stress on the lower back).
 - Hyperextend the spine on the follow-through, but rather utilize the relaxed upright "I" position (classic swing technique

Tennis elbow/ Golfer's elbow

- overuse injuries that can affect your elbow.
- The pain occurs primarily where the tendons of your forearm muscles attach to the bony prominence on the outside of your elbow Pain can also spread into your forearm and wrist.
- golfer's elbow occurs on the inside — rather than on the outside — of your elbow.

Tennis elbow/ Golfer's elbow

- A right-handed golf swing by throwing the club head down at the ball with the right arm rather than pulling the club through with the left arm and trunk (also referred to as "golfers elbow

Medial epicondylitis



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Forearm muscles attach to medial epicondyle



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Tennis elbow/ Golfer's elbow Treatment

Changing Swing Mechanics. See a pro/instructor for a swing and racquet evaluation.

- [Anti-inflammatory Medications](#)

[Cortisone Injections](#)

[Elbow Brace](#)

- [Surgery](#)

Extracorporeal Shock Wave



Tennis elbow/ Golfer's elbow Treatment

- **PHASE 1**
- decrease inflammation and pain, promote tissue healing, and retard muscle atrophy
- **PHASE 2**
- *Goals:* Improve flexibility, increase strength and endurance, increase functional activities and return to function.

Do's and Don'ts

- Do:
 - Consider switching to graphite shafts and low compression balls to decrease elbow strain at impact
 - Practice on real turf instead of rubber mats when possible
 - Ease up on grip pressure and loosen up on the elbows during the swing
 - Bring the club back slowly during the backswing
 - Maintain a smooth transition from the backswing to the downswing
- • Move the ball to a safe spot to avoid contact with rocks, tree roots, sprinklers, etc.

Do's and Don'ts

- Consider adopting a more elliptical swing to sweep the ball off the turf and minimize divottaking
- Don't:
 - Release the hands prematurely at the top of the backswing (casting maneuver)
 - Decelerate the club before impact

Tennis/golfer's elbow rehabilitation

- *Goals:* Improve flexibility, increase strength and endurance, increase functional activities and return to function.



Acute knee injuries

- ACL injury 66%
- Peripheral meniscus tear 22%
- Osteochondral fracture 8%
- Capsular and synovial laceration 24%

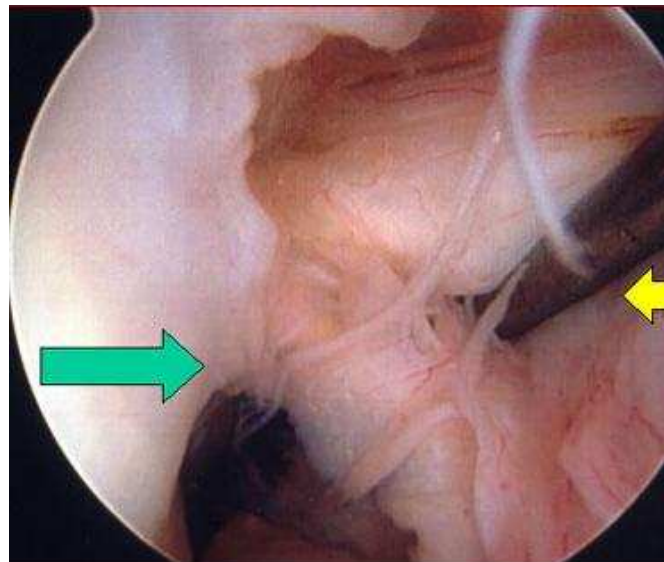
Inspection



Posterior drawer test



ACL injury



What are the indications for ACL reconstruction?

- Depends on
 - Activity level
 - Occupation
 - Degree of laxity
 - Associated meniscus injury
 - Age

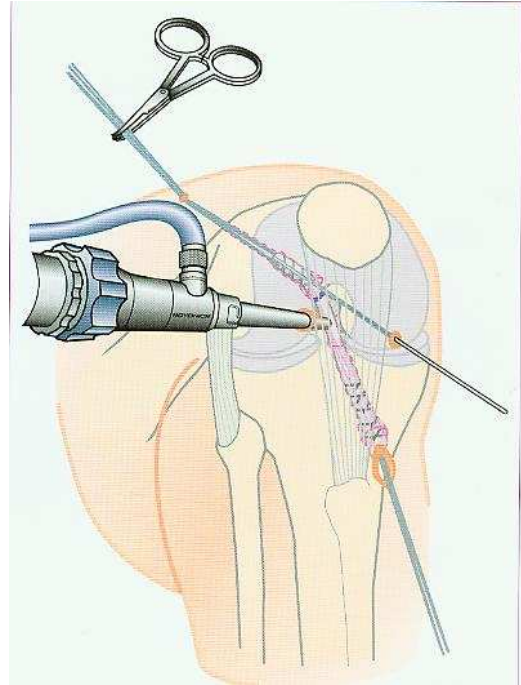
• Opened vs arthroscopic ACL reconstruction

Arthroscopic surgery has the advantage of

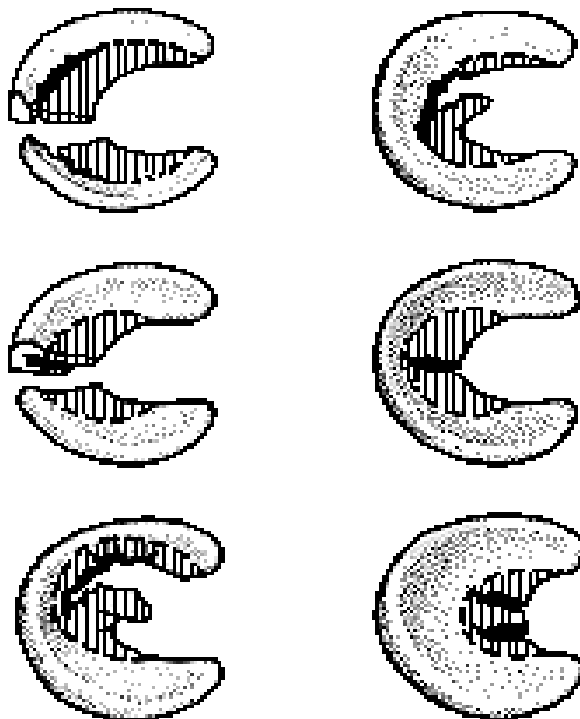


When is the best time to perform an ACL reconstruction?

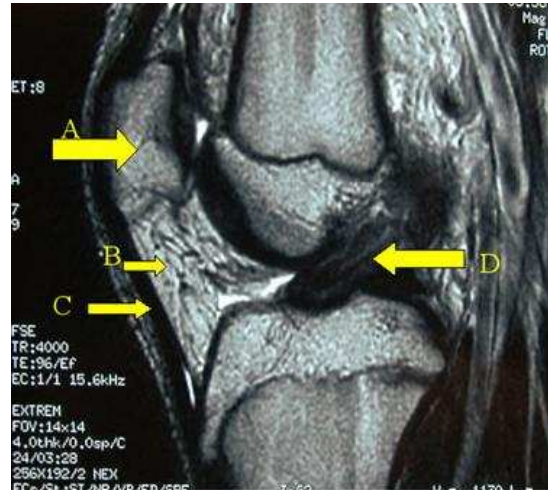
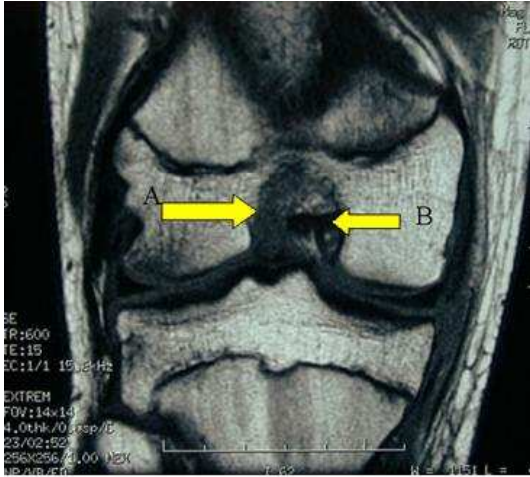
- ACL reconstruction using hamstring technique



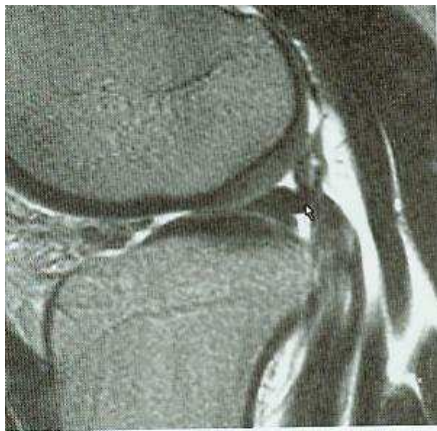
Meniscus injury



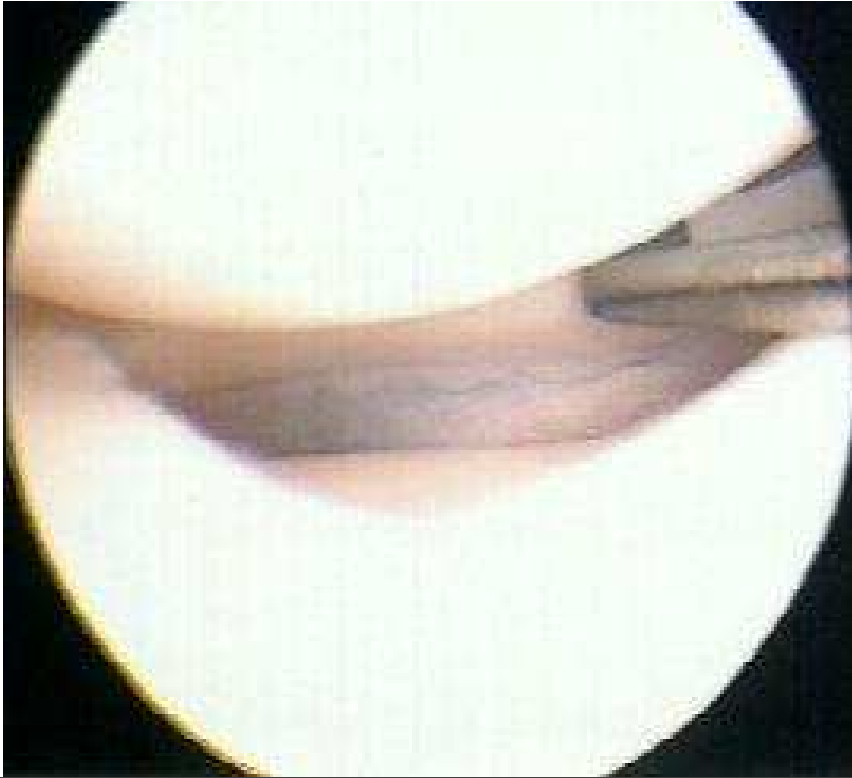
MRI



MRI



Arthroscopic repair



Arthroscopic meniscus repair

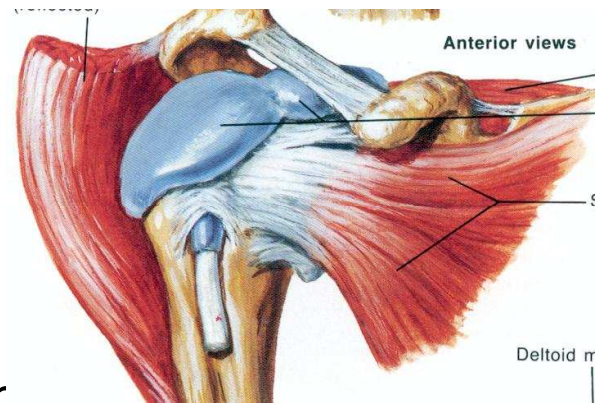


Shoulder pain

- Shoulder pain includes:
 - Rotator cuff tendonitis
 - tear, impingement
 - A-C joint arthritis
 - Instability

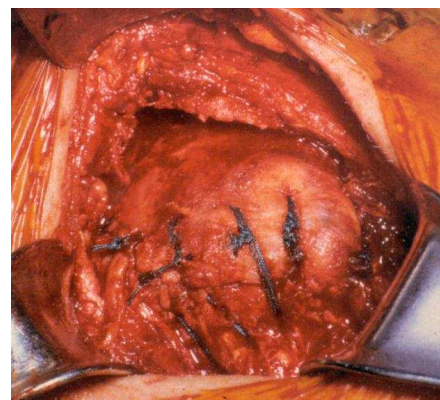
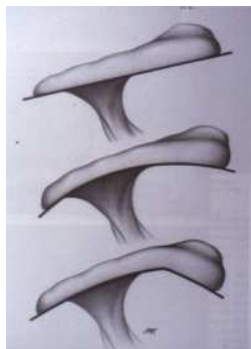
- Symptoms:

Pain in the shoulder or upper arm at various phases of the golf swing, night pain, pain with overhead activities.



Shoulder injuries : rotator cuff tear

- Pain in shoulder and upper arm
- Weakness of elevation
- Older people: often no trauma
- Exclude fractures if there is history of trauma



Rotator cuff tear



Shoulder injuries

- Do:
 - Maintain proper strength and flexibility of the shoulder and scapular muscles (of both shoulders).
 - Slow down the backswing to reduce stress on the shoulders.
 - Consider adopting a flatter swing plane to sweep the ball off the turf and reduce the change of shoulder-jolting divots.

DeQuervein Tenosynovitis

- Symptoms:
Pain, swelling, and tenderness at the wrist near the base of the thumb. Pain typically occurs at the left wrist at the top of the backswing.



DeQuervein Tenosynovitis

- Treatments:
Among the possible treatments are: Rest, medication, thumb spica splinting, therapy, cortisone, surgery

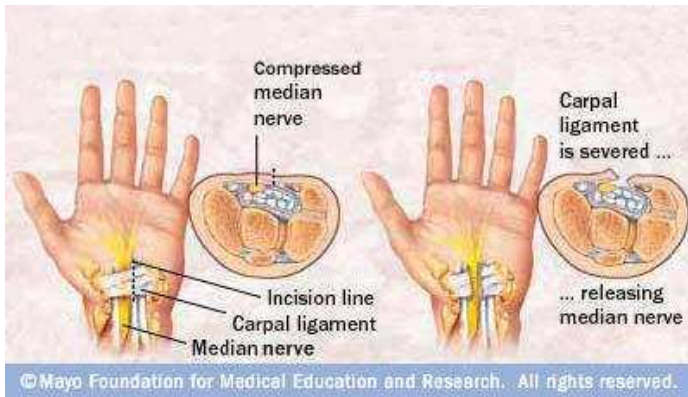
DeQuervein Tenosynovitis

- Do:
Avoid excessive cocking of the left wrist at the top of the backswing.
- Don't:
Release the hands prematurely at the top of the backswing (casting maneuver).

Carpal Tunnel Syndrome

- Symptoms:
Numbness and tingling of the fingers (particularly at night), hand weakness and clumsiness
- Treatments:
Among the possible treatments are: Rest, medication, splinting, surgery

Carpal Tunnel Syndrome



- Do:
 - Make sure that club handle grips are replaced as needed, or consider larger/softer grips.
 - Reduce grip pressure on the club handle

Trigger Finger

- Symptoms:
Painful locking and snapping of the finger.
- Treatments:
Among the possible treatments are:
Cortisone, surgery.



Trigger Finger

- Do:
 - Use a glove to pad the more susceptible left hand.
 - Make sure that club handle grips are replaced as needed, or consider larger/softer grips.
 - Reduce grip pressure on the club handle.
 - Avoid the strong grip position by rotating the left hand counterclockwise

Thank you

