



CAPTA NEWS

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GOLF REHABILITATION -LOW BACK DISCOMFORT-

By: Maria Carroll, PTA, TPICGFI

In order to maximize your potential as a golfer, both physically and mentally, you have to prepare your body for the high velocity rotary forces to the lumbar spine. Core strength is crucial to protecting the lumbar spine.

One of the most common causes of low back pain is “s-posture”. The “s-posture” is a group of weak muscles combined with overactive or tight muscles, which can lead to low back injury. An excessive curvature of the low back is what is called an “s-posture”. This kind of posture puts the low back in danger of injury. What can you do to have pain-free golf? Your spine should remain neutral.

There are exercises you can do to help strengthen the abdominal and gluteus muscles. In order to have a good set up you have to keep your spine in neutral posture. As stated earlier, you must have good core strength and proper stabilization in the lumbar spine. Here are a couple of exercises and stretches you can do to help strengthen the core area and low back. The picture on the left shows just a little “S” posture.



“S” Posture



Neutral Posture



Supine Trunk Rotation



Sitting Trunk Rotation

