how to prepare for your golf game

Exercise is a proven and fun way to reduce stress and improve your overall conditioning, and golf is an increasingly popular way to exercise. Unfortunately, many golfers experience pain after playing because they haven’t warmed up properly.

Low back pain, a common golfer’s complaint, is usually caused by tight, inflexible muscles in the hips and lower back, coupled with weak abdominal muscles; shoulder, wrist, and elbow pain are also often caused by tight muscles. This is why a good warm-up and stretch routine is essential to your golf game and personal health.

To warm up:

- Walk around a little, slowly swinging and circling your arms.
- Sit on the edge of a chair and slowly turn the upper body to your right, to a point of mild tension. Then grab the back of your seat, keeping your feet on the floor, and hold for 3 minutes. Repeat on the left side.
- Hold your golf club vertically and press it against your spine, one hand on top and one hand on bottom of club. Tighten stomach muscles and bow forward. Hold 6-8 seconds. Repeat 20-30 times daily.

After stretching, golfers should begin on the putting green and then go to the driving range to hit a small bucket of balls with an 8- or 9-iron to loosen up.

The material and information contained in this article is for information only and is not intended to serve as medical advice or consultation. Consult your personal physician before beginning any exercise program or self-treatment.