

## Ergonomic Strategies: Golf

### The Swing

- There is no “perfect” swing. Everyone has a different optimal swing position due to individual anatomical differences.
- Think of the swing as a pathway, without emphasizing distinct positions.
- Flexibility within a golf swing is important in order to allow for recovery from internal or external disturbances, such as when golfing on the side of a hill. Absolute invariance in a golf swing may actually be counterproductive.
- Utilize sensory information in addition to visual information while swinging.
- When practicing, use different types of clubs and different types of swings.

### Facts about Golfing Injuries

- Golfing injuries are often due to poor swing mechanics, overzealous playing, or a traumatic event such as hitting the ground awkwardly.
- The most common sites of golfing injuries are the low back > elbow > wrist and hand > shoulder, especially the lead shoulder.
- Pain and discomfort will usually be experienced at extreme ranges of motion, such as at the top of backswing or the end of follow-through.

### How to Prevent Golfing Injuries

- Keep your hands and arms in front of your body as much as possible when taking a swing in order to limit the stresses applied to the shoulder.
- Increase the flexibility of your hips and trunk in order to achieve appropriate shoulder turn during backswing.
- Increase strength, flexibility, balance, and power in order to improve driving distance, carry distance, ball velocity, and clubhead speed.
- Always stretch the muscles of the shoulder, lower back, and wrist, (the major golf muscles), before playing in order to prevent injury.