

community connection

Is Pain Hurting Your Golf Game?

By Carla Kazimir PT

We see many clients in our clinic for various aches and pains and as we get them better, we find out that the most important functional improvement they notice and care about is the improvement in their golf game. There was a significant increase in distance and accuracy off the tee.

Golf is a wonderful sport and one of the most popular sports that can be played throughout a person's life time. During a person's life time there are changes in joints and muscle performance. This can affect how a golfer swings the ball and play the game. Sometimes muscle weakness and joint stiffness can impede a game of golf. Faulty habits develop and their swing characteristics change. Pain can develop and the game becomes more difficult to play and more frustrating as we see our scores drop because the power of the golf drive diminishes and the distance and accuracy of the shots is just not there.

Golfers with injured joints and muscle impairment tend to over swing to compensate for their deficits. This usually results in overstraining the back, shoulders, hips and/or knees. Repetitive

golfing through chronic pain can result in an actual injury.

At North Valley Physical Therapy- our physical therapy evaluation tests for joint flexibility and muscle strength. Usually physical therapy sessions initially work to reduce the inflammation and pain in the affected joint or muscle. Then we look at how to improve the flexibility in the stiff joints and teach exercises to improve the core of the body and/or the weak muscles. You need good core strength and stability as well as powerful proximal muscles in the legs to have good power when you swing the ball. This power translates into a better golf swing, little or no pain during the golf swing and improved overall performance.

We have seen golfers who played for years in pain only to discover that a couple months in physical therapy allowed them to play better golf with no pain. Improving your golf fitness will improve your game and your personal enjoyment during that game. Learning a golf fitness program can help you prepare for a tournament, get back to golf after surgery and add years of enjoyable golf to your life. For more

information please call Carla Kazimir PT at 818-217-4868.



North Valley Physical Therapy Inc is located at 11858 1/2 Balboa Bl in Granada Hills. It is owned and operated by Carla Kazimir PT. We are Medicare and Blue Shield Providers. We bill all private insurance. We also offer a cash based wellness program. Carla has been treating patients in the San Fernando Valley since 1985. She is a member of the American Physical Therapy Association and the North Valley Chamber of Commerce Board of Directors and Senior Service Business Council. www.NorthValleyPT.com 818-217-4868.