



By Ramsay McMaster Golf Physiotherapist

The 7 deadly sins of warming-up

1. RUSHING TO THE GOLF COURSE

Common technical breakdowns caused:

- Disruption of golf rhythm
- High anxiety levels, in turn leading to tension
- Poor control of breathing

Common injuries possible:

- Wrist – to tendons, cartilage or bones
- Neck – to joints, discs, ligaments or muscles
- Low back – muscle strains, disc injuries, joint problems

2. DRAGGING GOLF BAG AND CLUBS

Common technical breakdowns caused:

- Poor alignment in address position
- Poor posture at setup
- Excessive strain through particular muscles e.g. wrist & neck
- Increased gripping

Common injuries possible:

- Neck – to joints, discs, ligaments or muscles
- Low back – muscle strains, disc injuries, joint problems
- Shoulder & rotator cuff – muscle strains, tendon injury/tears

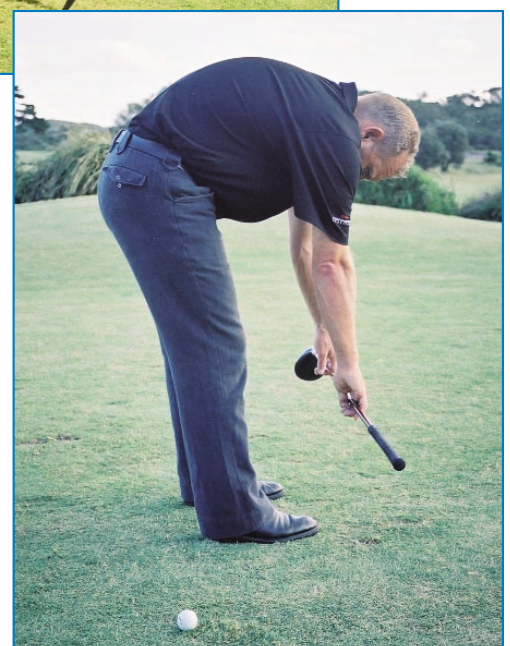
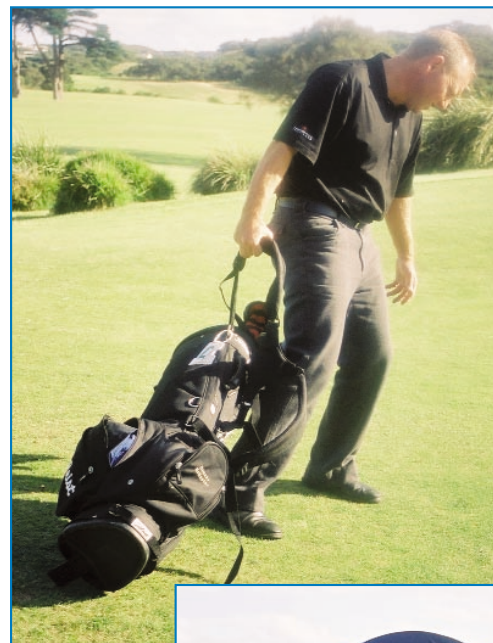
3. BOUNCING IN FORWARD FLEXION

Common technical breakdowns caused:

- Bad flexion postures
- Reduced activity of flexor muscles
- Stiffens back, leading to poor sequencing of golf swing

Common injuries possible:

- Low back – muscle strains, disc injuries, joint problems
- Hamstring strains



4. POOR ROTATION SEQUENCING

Common technical breakdowns caused:

- Compensatory sway in swing
- Poor weight transference
- Poor balance
- Poor shoulder position on backswing and follow through

Common injuries possible:

- Low back – muscle strains, disc injuries, joint problems
- Neck – to joints, discs, ligaments or muscles



5. WARMING UP WITH MULTIPLE CLUBS

Common technical breakdowns caused:

- Compensation movements in arms
- Altered proprioception
- Altered weight control
- Overswinging
- Reversed C positions & reversed pivot

Common injuries possible:

- Low back – muscle strains, disc injuries, joint problems
- Left hip strains
- Shoulder & rotator cuff – muscle strains, tendon injury/tears



6. HITTING WOODS TO START WARM UP

Common technical breakdowns caused:

- Alters feel due to practicing power before feel
- Over swinging
- Incorrect sequencing
- Use of incorrect muscles

Common injuries possible:

- Low back – muscle strains, disc injuries, joint problems
- Shoulder & rotator cuff – muscle strains, tendon injury/tears



7. HITTING BALLS INTO NETS OFF HARD SURFACES

Common technical breakdowns caused:

- Jarring of body
- Altered co-ordination

Common injuries possible:

- Neck – to joints, discs, ligaments or muscles
- Shoulder & rotator cuff – muscle strains, tendon injury/tears
- Low back – muscle strains, disc injuries, joint problems

For more information or an appointment contact Liam Fitzpatrick at the Hong Kong Golf Injury Clinic, phone 2529 1818. Or to contact Ramsay directly, email golfphysio@ozemail.com.au or visit www.golfmed.net