



Welcome to All Care Physiotherapy News. We are here to help you, so if you have any feedback or requests for future articles, please feel free to contact us via email or directly at our clinic.

Physiotherapy and Golf

It's Saturday morning at 6 am and you are lining up the one wood on the first tee. The sun is shining (doesn't sound like recent weekends).

Your friends are starting the first banter of niggles to try to put you off your game. You set your feet and swing and "twang" something goes in the lower back.

What happened? What went wrong?

Golf is one of the most popular sports in Australia. It also requires a high level of co-ordination, flexibility, stability and strength.

The professionals have their biomechanics finely tuned for optimal performance. They are also extremely fit (except for John Daly).

The basis for hitting the ball is to wind up your body like winding up a spring and unwinding this energy quickly to drive the ball down the fairway. The golf swing

is a complex biomechanical movement that needs optimal control of your back, upper back, shoulders, elbows and wrists.

Dysfunction in these regions of your body can lead to injuries that we see commonly. These include lower and upper back strain, shoulder tendonitis/tears/impingement, tennis or golfers elbow, and wrist tendonitis.

So what can you do if you have an injury?

All Care Physiotherapy can provide a golf specific musculoskeletal screening to identify any physical limitations that affect your swing. These will include posture, balance, flexibility, muscle imbalance and strength.

We will then provide individually tailored golf specific exercises and stretches. A screening can provide you with proactive



ALL CARE TEAM

- Patrick Cruice**
Principal Physiotherapist
- Casie Scott**
Physiotherapist
- Belinda Jarrett**
Physiotherapist
- William O'Callaghan**
Physiotherapist
- Wendy Harris**
Receptionist/Admin
- Gillian Kehoe**
Receptionist



POINTS OF INTEREST

Our Clinic provides:

- On-the-spot Health Fund rebates.
- Up to 2 hrs free parking in Brisbane Private Hospital and Specialist Centre Car Parks only (if available) by presenting parking ticket to receptionist for validation.





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Services Provided

Spinal care
Joint care
Muscle care
Sports care
Work care
Orthopaedic care

We're on the Web!

allcarephysiotherapy.com.au

Call the clinic on 38346501 if you want to receive a list of pre golf warm up stretches. These will be mailed to you.



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therapy to prevent injuries.

We can also provide advice on pre round preparation strategies.

So what happened when the back went “twang”? Could it have been the 50 hours over the computer had stiffened up the upper back leading to increased rotary stress on the lower back? Could it be decreased hip rotation that lead to more shear on the back? Or was the back just stiff or cold from a lack of warm up. Any of these could be the answer and only a good assessment from the All Care Physiotherapist will tell you.

All care physiotherapy can diagnose and treat any golfing conditions or injuries you may have.

So let us help you

- **Get the most out of your game**
- **Maximize your performance**
- **Reduce the risk of golfing injuries**
- **Prolong your golfing life**

Please let us know if you do **NOT** wish to receive our newsletter. If you have any ideas for articles, please email us at all_care@tpg.com.au and attention it “Newsletter Editor”

Patrick Cruice will be away on leave from the 27th of February to early April. He is going to enjoy a well deserved break with his family. Belinda or Casie will be available to look after his patients while he is away.

Casie Scott has joined our clinic and has experience in treating professional golfers.