

SWING STRONG

Your Guide to a Pain-Free Golf Season



Hey There, Golfer!

The sunny weather is here and it's time to hit the golf course! Whether you're out for fun or trying to improve your game, golf is a great way to get moving.

But heads up: all those swings and walks can sometimes leave you with aches and pains. We see it a lot at the clinic.

No worries though. This quick guide has simple tips to help you stay pain-free and enjoy every hole.

What usually gives golfers trouble?

- Back pain from all the twisting
- Sore shoulders from swinging
- Wrist and elbow strains from gripping and hitting
- Knee and hip pain from walking and twisting

Knowing this stuff helps you avoid the aches and keep playing strong!



First, loosen up. (no pro moves required)

No need to break a sweat before the game — just take 10-15 minutes to wake up your body:

- Add some arm circles, hip openers, and gentle torso twists
- Don't forget your wrists — a few circles and wiggles do the trick
- If time allows, hit 20 balls at the range. Focus on your shorter clubs and making easy swings with smooth tempo

It's quick, it's simple, and it'll help you swing smoother and avoid those annoying mid-round twinges.

Swing smarter, not harder.

Here are a few quick tips to keep your body feeling good during your game:

- Stand balanced and don't over-rotate your back
- Use your lower body, hips, and core muscles to generate power, not just your arms
- Keep your grip relaxed — a death grip can mess with your wrists

If you're struggling, think about getting a lesson from a pro — they know all the little tweaks that make a big difference.

After the round: recovery tips

Playing golf is fun, but don't forget to take care of yourself afterward:

- Stretch out the tight spots — hips, shoulders, back — whatever feels stiff.
- Got any aches? Ice it or try some heat to help it out.
- Stay hydrated and grab some good snacks to refuel.
- And if something just feels off, a quick visit to a physio, chiro or massage therapist can make a big difference.

Take care now, and you'll have way more great golf days ahead!

Off the Course? Here's What to Do

Even when you're not golfing, you can still work on your game!

Try tossing these into your week:

- **Core stuff:** Planks and bird-dogs help keep your swing steady
- **Twist moves:** Russian twists or band rotations = more power
- **Shoulder love:** Light band work keeps them happy and healthy
- **Leg strength:** Squats and deadlifts for balance and power
- **Mobility matters:** Try some hip openers, cat-cow, and gentle thoracic twists

Just a couple times a week is all it takes.

Easy, right? Your swing will feel smoother, and your body will thank you next time you hit the course.

One Step Closer to a Hole-in-One

Golf is one of the best ways to soak up the season — fresh air, movement, and maybe even a few bragging rights. A little prep, some smart exercises, and post-round recovery can go a long way in keeping you injury-free and feeling great.

Need a hand staying on top of your game?

Our team of physiotherapists, chiropractors, and massage therapists are here to help you move better, feel better, and play your best round yet.

Two Convenient Locations:

Main Clinic

421 St. Clair Street
Chatham, ON

South Chatham

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