



# Chiropractic Corner

## Dynamic Stretching for the Low Back

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**G**olf season is here and the last thing you want is a low back injury. The most common golf related injury occurs to the low back. An injured low back should not be taken lightly. The back pain usually comes from joint sprains and muscle strains. Golfers who suffer from low back pain become frustrated because the injury hinders their ability to swing the golf club.

There is a great deal of force generated through the back during the golf swing. In fact, there is eight times your body weight forced through your spine as you make contact with the ball. As well, the golf swing requires a great deal of rotation. The low back was only designed to rotate 10 degrees. In a typical golf swing the entire body rotates about 90 degrees. Much of that rotation is transferred to the low back, and when you exceed the normal range of motion, you set yourself up for injury.

The most common types of low back pain are from muscle strains and joint sprains. A strain of the muscle can occur when the muscle is poorly conditioned or overworked.

Muscle strains typically occur with rough or forceful swings or a sudden shift during the downswing. A sprain of the low back can occur when a sudden, forceful movement injures a ligament that has become stiff or weak through poor conditioning or overuse.

### Dynamic Stretching for Low Back

The best way to prepare the body for golf is with continuous dynamic stretches. Dynamic stretches alert the neuromuscular skeletal system for the golf swing more effectively than static stretching. Dynamic warm-up for the key golf muscles should be performed. Start by gently swinging a short iron back and forth. Gradually build up the tempo until you feel loose, then add resistance by swinging two clubs at once. Do not swing the two clubs aggressively. Use the weight of the clubs to help dynamically stretch the golf muscles. It is a good idea, from a muscle balance and coordination point of view, to perform your warm-up swings both left and right handed.

Try these low back and hip



Pic 1



Pic 2

dynamic moves on the course before you tee off.

### Trunk Rotation Exercises

Hold your club in front of your

body with your torso slightly bent forward and swing your torso to the left and the right, reproducing a full swing. See pictures 1 and 2.

Hold your club straight out in front of you with your torso straight. Keep your feet planted on the ground and twist your torso to the left and right. See pictures 3, 4, and 5.

If you do incur a low back injury early in the golf season, it is very important that you seek advice from your health care provider so that you can address the injury before it impacts the rest of the golf season.

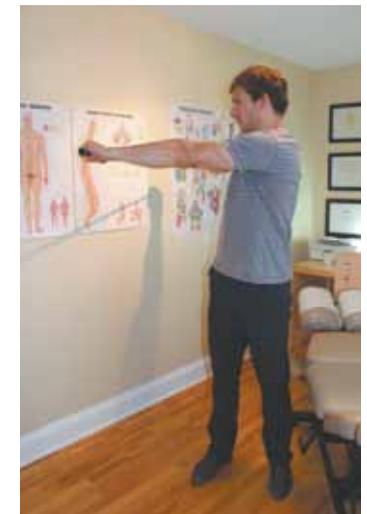
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**Dr. MacAdam owns a multi-disciplinary health clinic in Halifax and can be reached at 407-3347 or halifaxchiro.com.**  
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Pic 3



Pic 4



Pic 5