

Golf made better by Massage

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Golf has become the most popular sport worldwide and according to the National Golf Association there are approximately 26.2 million Americans 18 years of age or older playing at least 1 game per year. Whether one is playing a weekend game for recreation or participating in regular tournaments for competition, the golf game has become more than just a mental game and has become a very physical game. Golf is a whole body activity with a focus targeted at the core muscles. Without proper conditioning, training, and preventative maintenance a golfer could find themselves in chronic pain and frustrated with a game that is not quite up to “par.”

There are many factors that can lead to injury and an unsatisfying game including minor trauma, lack of warm up, overuse of muscles, and the most common a poor posture. These factors can cause pain in many areas throughout the body seeing as body is completely connected, but the main areas that seem to be affected most include the shoulder complex, hips, and the low back. Golfers should be fully aware that the body is made to heal itself and should be educated of how to listen to the body for proper care and preventative maintenance. Therapeutic massage therapists are a great tool for any golfer looking to recover, reduce pain, and gain a better game.

Therapeutic massage therapists can start by simply assessing posture to figure out what muscles are overstretched and what muscles are too tight. Following the assessment, the golfer will soon be educated on anatomy and physiology and how it relates to their golf game. Through communication between the golfer and the therapist, goals and expectations should be set followed by stretching, sports massage, and even strengthening exercises. Stretching and massage are key elements to increase blood flow and range of motion. By increasing blood flow the body is able to deliver nutrients and remove wastes more efficiently allowing a quicker recovery. Increasing range of motion will assist in returning the body to a neutral posture and allow the body to move easier which in return, will reduce pain, injury and will have the potential to improving swing techniques producing a better game.

Focused treatment to affected areas including proper core strengthen, stretching, adequate hydration, and therapeutic massage has been proven to improve ball striking, drop game scores, and reduce injury, slicing, anger and frustration. Changing the “bad habits” of old postures can prove to be a bit daunting, but the rewards of better health and an optimized golf game are well worth the time and effort. Since most golfers out there are willing to do just about anything to be as pain free as possible, why not give therapeutic massage a try?