

## Golf Injuries Are For Real

Golf injuries can be surprisingly common by reason of the non-physical element of the game. Getting hit by a golf ball isn't the only way to suffer an injury playing golf. Because a human body is not created like a big rubber band, the twists and turns required in golf can induce mild or nasty injuries to players of all generations. Golfers who spend more than six hours per week messing around with the sport have an increased chance of overuse injuries. The physical demands of the game can put more strain on current disorders, such as tendonitis of the wrists and elbows. Swinging the club uses the whole body, and any region of the body can be damaged while playing the game. And, comparable to other sports, playing golf can cause injuries to the shoulders and neck.

These ailments aren't just a problem for the random golfer. They can be challenging as well as troublesome. Golf injuries are by and large repetitive strains and sprains of the muscle, tendon and ligaments. These injuries are common because of the tremendous forces applied to different areas of the body. Players who execute precise technique are less apt to injure themselves. Golf injuries are prevailing among all rookie players, especially senior golfers and can be either acute or chronic. Unlike athletes in other sports, golfers are able to continue on as active golfers all the way into their later years.

Golfers can also occur tendonitis, sprains, and strains of the shoulders, elbows, and wrists. Golf can result in joint injuries or aggravate existing circumstances. Golf injuries of the elbows and hands are due to the steady use of these muscles. These injuries can easily turn ingrained as a result of continuous playing, and by not recouping or getting treatment. Golfers are more likely to have muscular imbalances because most of the force is on the same side of the body.

Golfers run into a significant injury only seldom. Golf injuries to the back may necessitate surgery. Golf injuries from overuse are more prevalent among golfing professionals, who spend hours practicing. Players sometimes acquire back problems and on occasion someone has a heart attack while playing, but you could call these fitness associated injuries, or possibly it is more correct to label them lack-of-fitness related injuries. Golf injury prevention entails focusing on good golf swing mechanics, the right golf equipment choice, and conditioning for golf.

Like numerous sports injuries, virtually all golf injuries are because of overuse, mainly the use of muscles that are unaccustomed to the intense strain playing the game. Irregardless, a long day of playing can be a great strain on the entire body. Also, anyone who suffers from continuing or recurrent episodes of shoulder pain can be frustrated because the irritation hinders their ability to play the game. A stretching routine before playing can be the silver bullet you've been searching for to help your golf swing and ultimately free yourself that plaguing knee pain. There is not one single, legitimate golf exercise routine that doesn't contain stretching exercises. It has been documented that scores of golf injuries are due to mechanical errors with the swing.

## About the Author

For more information on [golf injuries](#) or anything else golf related, please visit [/www.golf-stuff.net" target="new">http://www.golf-stuff.net](http://www.golf-stuff.net)

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