



# B.E.S.T. PHYSICAL THERAPY NEWS

BEST Physical Therapy is proud to present a FREE lecture by Dr. Konrad Ng entitled: “Non-Surgical Treatment of Back Pain” on June 8, 2011 at our Cupertino clinic at 6:30pm. Dr. Ng is certified by the American Board of Physical Medicine and Rehabilitation and is currently practicing with the Silicon Valley Spine Institute.



Spring is here and golfing season is upon us. Although golf does not appear to be a sport where injuries frequently occur, there are many ways to be hurt and many body parts at risk during the activity. Amateur golfers are frequently injured due to a lack of overall fitness and flexibility, while professionals mostly suffer from overuse injuries.

The most common body part injured during play is the lower back. The powerful spinal rotation and extension motion in the golf swing causes considerable pressure on the spine and muscles and can leave the golfer vulnerable to muscle injuries at the end of the swing. With weak core muscles, those increased rotational stresses can produce excessive forces on the facet joints of the spine and lead to degeneration over time.

Another injury site for golfers is the elbow, wrist and hands. During the golf swing, the club impacts the ball and causes a momentary shock upon impact which is absorbed by the golfer's arm muscles and joints. “Golfer's elbow” or medial epicondylitis is a term referring to pain on the inside of the elbow and can be treated by stretching and lightly strengthening the muscles in the forearm. Golfers who grip the club too tightly or who “smash” the ball are most likely to suffer this injury. Also, if the golf swing is less controlled or a large divot is taken, this will increase the force of the shock to traumatize the smaller joints of the wrist/hands during the backswing and downswing.

Of course the shoulder can also be injured during the golf swing. Chronic wear and tear to the muscles and ligaments holding the shoulder inside its socket can create joint laxity and injure the cartilage protecting the ends of the bones. The “lead” shoulder which is the shoulder facing the direction where the ball is hit is subjected to the most stress. Often, an “exaggerated backswing” is the source of shoulder injuries.

Attention to proper swing technique, proper club fitting and improved overall fitness can help the average golfer avoid such injuries. Proper hip flexibility is essential to prevent spine or arm injuries. A new player should seek advice from a golf professional in choosing golf equipment and analyzing their swing to avoid injuries. In addition, consulting a physical therapist can assure a player has the strength, flexibility, and endurance to avoid/rehabilitate such injuries. Studies have shown that an individualized warm-up routine will tend to decrease the incidence of injury, and these should address the back, shoulders, and arm muscles prior to taking that first swing. This will help decrease the overall injury rate and maximize the playing time for a more enjoyable experience.

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