

TIPS TO REDUCE BACK PAIN



| | | | |
|---|---|---|---|
| | 1 | 0 | |
| T | O | P | |
| T | I | P | S |



**To help you feel
and play great late into life.**

Low back pain is the most common site of injury for golfers, but doesn't have to be. There are a few common underlying physical and lifestyle issues that can be addressed to avoid and help improve low back pain. Try the following tips to get your back feeling better and play more pain free golf.

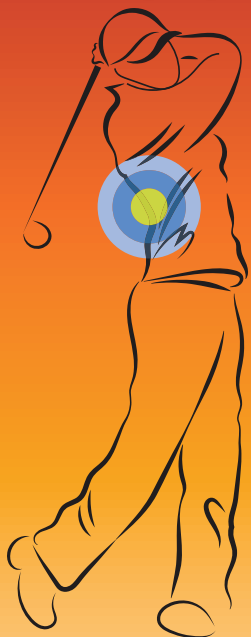
RISErpc.com



RISE

REHABILITATION & PERFORMANCE CENTRE

TIPS TO REDUCE BACK PAIN



TIP #1

IMPROVE UPPER BACK MOBILITY

Many golfers that suffer from persistent low back pain are tight and restricted in their upper back (Thoracic Spine). The lower back supports more weight than the upper back and because of this it is more susceptible to injury and needs to be stable. Your upper back can move safely so you need good movement here to get good width in your swing. It also gives you time to safely slowdown in your follow through. You should have 45 degrees of upper back rotation and if you are lacking range of motion here you will sacrifice the stability of the more vulnerable low back to gain the extra range that you need.

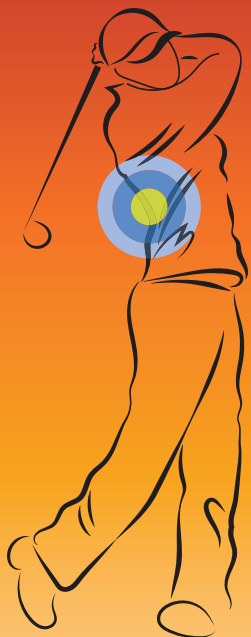
A safe and effective exercise to help gain upper back mobility is called the "Open Book" [Click here](#) to view how to perform the open book.



RISE

REHABILITATION & PERFORMANCE CENTRE

TIPS TO REDUCE BACK PAIN



TIP # 2

IMPROVE HIP MOBILITY

The hips are large joints surrounded by large muscles and can move tolerate movement. Much like a restricted upper back, stiff hips will cause compensations and excess movement in the more vulnerable low back and knee. In golf, 60 degrees of internal and external rotation are needed to allow for a full backswing and follow through. Lack of hip range of motion (ROM) predisposes to a variety of swing faults like sway, slide, early extension, loss of posture, and reverse spine angle. Reverse spine angle is the most common cause of low back pain in golf and causes pinching and grinding of the joints in the low back. This stress repeated every swing leads to aggravation and eventually arthritic changes.

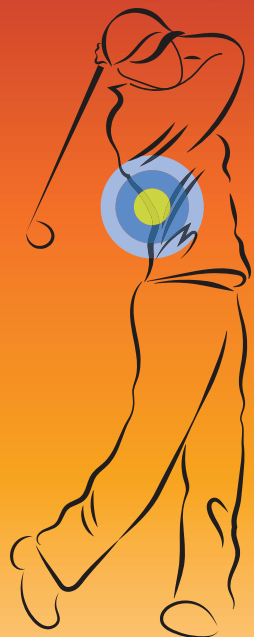
Try some [Hip Drops](#), [Foam Rolling of Your Hip Flexors](#), [Half kneeling Hip Flexor Stretches](#), and Stork Turns to improve your hip mobility.



RISE

REHABILITATION & PERFORMANCE CENTRE

TIPS TO REDUCE BACK PAIN



TIP #3

LIMIT TIME SPENT SITTING

Our bodies have an amazing ability to adapt to the stresses we place upon them. When you lift weights correctly you adapt by getting stronger, when you sit with your hips in a flexed position for hours on end, they get good at being in this position.

As a result the muscles that flex your hips shorten which decreases your ability to extend and rotate from your hips. In golf and life, limited hip extension leads to excessive movement from the pelvis and low back and overloading of the knees. In the upper body it is common for the Thoracic Spine (upper back) to adapt into a flexed or hunched position and for chest muscles to tighten. This leads to what is known as a "C Posture" and decreases rotation in the upper back, causing excess stress on your low back, neck, and shoulder regions.

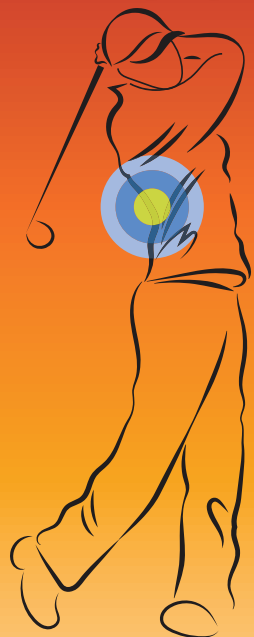
To reduce the negative adaptations in your hips and upper back, take small breaks from sitting every 30-45 minutes. This can be done by getting up and walking for a few minutes or performing some specific gentle stretches to counter the effects of sitting. Try [Half Kneeling Hip Flexor Stretches and Floor Angels](#) to improve hip and upper back extension.



RISE

REHABILITATION & PERFORMANCE CENTRE

TIPS TO REDUCE BACK PAIN



TIP #4

IMPROVE CORE POSITION AND AWARENESS BEFORE FOCUSING ON STRENGTH

Many people with back pain think that strengthening their core will fix their pain but this often leads to frustration when it perpetuates their issue. Persistent low back pain is usually the result of poor pelvic coordination and positional awareness. Proper core position requires having the Pelvic Floor and Diaphragm parallel to each other and is known as a “neutral” position.

If these areas are not parallel to each other it will result in excessive arching or rounding of the back and cause some muscles to deactivate, forcing others to overwork. This causes stiffness and fatigue in your back muscles and overloads the joints and disks leading to pain.

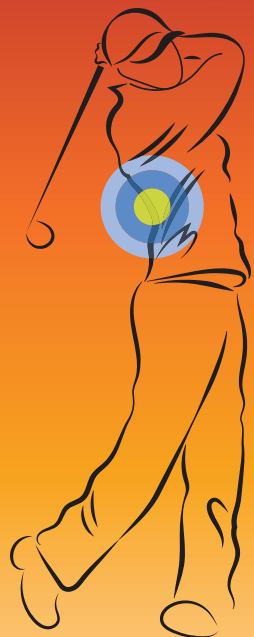
Try performing some [Pelvic Tilts and Stomach Breathing](#) to improve pelvic awareness and activate core muscles.



RISE

REHABILITATION & PERFORMANCE CENTRE

TIPS TO REDUCE BACK PAIN



T | I | P | # 5

TRAIN YOUR CORE TO BE STABLE

Differentiating between core stability and core flexion is an important concept to consider when choosing exercises for core stability. Crunches and sit-ups are common choices to build core strength but are a poor choice for building core stability. These exercises build strength into flexion but stress your low back. Building core stability means getting better at resisting movement through the core.

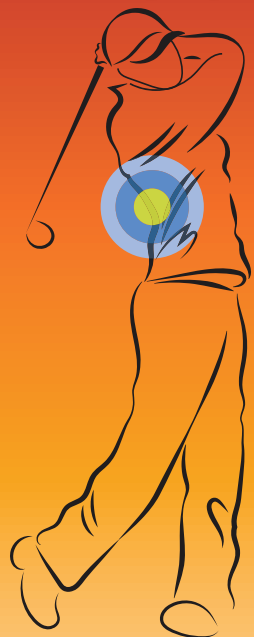
To strengthen your core, you first need to have good pelvic awareness and get into a neutral spine position. Once you can find neutral spine, try performing [Bird Dogs](#), [Dead Bugs](#), and [Planks](#), and [Bear Crawls](#) to improve your ability resist rotation, flexion, and extension giving you a more efficient and stable core.



RISE

REHABILITATION & PERFORMANCE CENTRE

TIPS TO REDUCE BACK PAIN



T | I | P | # 6

LIFT FROM HIPS NOT YOUR BACK

Bending and lifting should be done from the hips, not your knees or back. When you bend forward your low back and core should stay in the "neutral" position and the motion should come from your hips. Not moving from your hips will cause excessive stress through the low back or knees and overtime can lead to back pain.

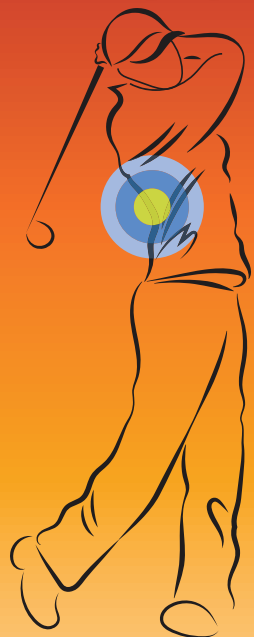
[Dead Bugs, Bird Dogs and Hip Hinging](#) are great exercises to practice keeping your core locked in neutral while moving from your hips.



RISE

REHABILITATION & PERFORMANCE CENTRE

TIPS TO REDUCE BACK PAIN



TIP #7

ADDRESS PREVIOUS INJURIES AND PAIN EARLY

The number one cause of injury is previous injury! Pain is the biggest motivator to change the way you move so if you are experiencing pain and continue to play and live through the pain, you will change the way you move to decrease the discomfort. For example, if you sprain your ankle, you will typically walk with a limp to feel less pain.

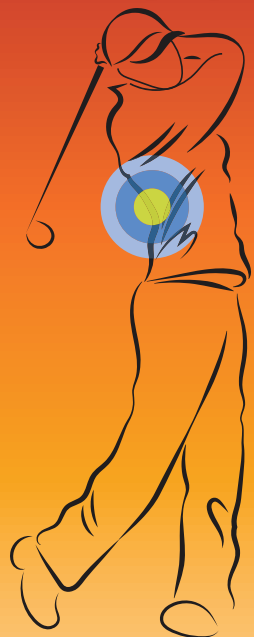
After limping for a few days or weeks this compensated movement can start to feel normal resulting in you walking in a new compensated way. Pain occurring anywhere in the body will create subtle compensations to take stress off painful tissue but results in adding stress to another. In the short term, this helps you get through the day with less pain but in the long-term, this overuse will lead to chronic pain of the supporting structures. Getting injuries managed early, and correcting these compensations, will decrease your chances of problems later.



RISE

REHABILITATION & PERFORMANCE CENTRE

TIPS TO REDUCE BACK PAIN



TIP # 8

DRINK ADEQUATE WATER

Dehydration can cause a decrease muscular performance, reduced endurance, negatively effects mood, concentration, and alertness. These can all lead to, or increase, your back pain.

Thirst is not a reliable indicator of dehydration so if you are thirsty on the course or while reading this you are likely already dehydrated.

Before Golfing: Hydrating the day and night before is very important. Especially in multi-day events. You need to start working on this for hot times of year so your body will be able to process enough water and not feel bloated when on the course.

During: Make hydration a part of your routine. Drink some water when finishing a hole or after you tee off. Try to create a habit of frequently intaking small amounts of water during your round to avoid bloating.

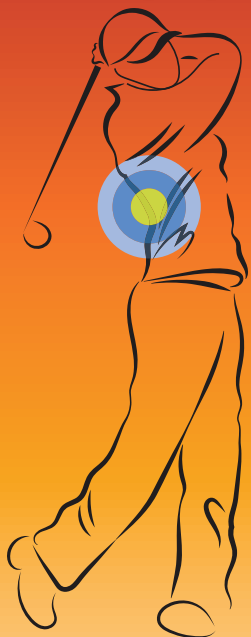
After Playing: To rehydrate adequately you need to consume 150% of weight lost. This is roughly 24 ounces (700ml) of water for every pound lost.



RISE

REHABILITATION & PERFORMANCE CENTRE

TIPS TO REDUCE BACK PAIN



TIP #9

WARM UP AND COOL DOWN



Benefits of a proper warm up are:

- Increased blood flow to golf specific muscles
- Increased tissue elasticity, flexibility, and contractility
- Priming the nervous system for coordinated movements

This will help you move more from your hips and upper back and help your core and low back stay stable. This will help you avoid excessive aggravating movements move more consistently, and will decrease your chances of injury, aches, or pains the next day.

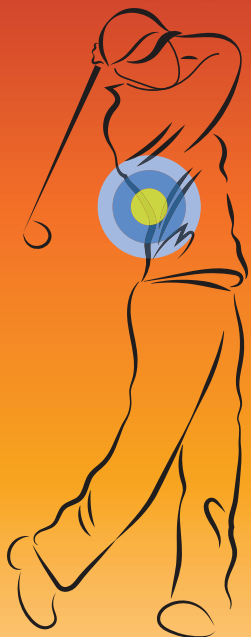
[Click to view two versions of a golf specific warm up.](#)

A good cool down will help muscles recover at the correct length and promote recovery. Some stretches that will focus on proper ROM in areas that have just been stressed.

[Golf Cool Down](#)



TIPS TO REDUCE BACK PAIN



TIP #10

CONSULT AN EXPERT IN ASSESSING AND TREATING BACK PAIN

Back pain can seem complicated, and many treatments, stretches, and exercises focus on the symptoms rather than the cause of the pain. Focusing on the pain may help short term but because golf is such a repetitive sport if you don't address the reason your back is aggravated, it will continue to frustrate you. The fastest way to get to the bottom of your issues is to get assessed and a personalized plan created. This will help relax achy muscles, loosen stiff joints, create proper movement awareness, and strength where it is needed to get and keep you moving and feeling great. Find an expert that specializes in helping golfers with back pain.

If you follow these tips from our special guide with a hands-on visit from an expert who specializes in golf injuries and rehabilitation you will see a dramatic reduction in your pain and stiffness and very likely a drop in scores!

We realize that some people may be unsure if working receiving golf specific treatment and rehabilitation is right for them. If you are unsure or wondering what the process is and what can be done to help, you can visit us online at Riserpc.com and request a consultation today!



These tips are intended to be instructional and informational purposes only. It is always recommended to seek a professional to get personalized help when suffering from back pain. The authors are not responsible for any harm or injury that may result, and significant injury may occur if you do not follow due diligence and seek suitable professional advice about your back pain. No guarantees of results are made or implied.



RISE

REHABILITATION & PERFORMANCE CENTRE