

TIPS TO IMPROVE LONGEVITY IN GOLF



TIP #1

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

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