

# *Sports Specific Safety*

## *Golf*

*Sports **M**edicine & **A**thletic **R**elated **T**rauma  
**SMART** Institute*

# Objectives of Presentation

1. Identify the prevalence of injuries to Golf
2. Discuss commonly seen injuries in Golf
3. Provide information regarding the management of injuries seen in Golf
4. Provide examples of venue and equipment safety measures
5. Provide conditioning tips for Golf to reduce potential injuries

# Injury Statistics

- According to the American Orthopaedic Society for Sports Medicine:
  - 60 percent of golf professionals and 40 of amateurs suffered either a traumatic or overuse injury while golfing over a two year period.
  - Over 80 percent of the reported injuries were related to overuse.
  - 33 percent of PGA golfers had experienced low back problems of greater than two weeks' duration in the previous year.
  - Golfers who carry their own bag have twice the incidence of back, shoulder and ankle injuries as those who do not.

Golf Injuries AOSSM Sports Tips

<http://www.sportsmed.org/secure/reveal/admin/uploads/documents/ST%20Golf%20Injuries%2008.pdf>

# Commonly Seen Injuries

- Low Back Pain
- Golfer's Elbow (medial epicondylitis)
- Tennis Elbow (lateral epicondylitis)
- Wrist Tendonitis
- Shoulder Rotator Cuff Strain
- Shoulder Impingement

# Low Back Pain

- Mechanism
  - Powerful back rotation and extension motion in the golf swing
- Acute management
  - Rest
  - Heat or Ice
  - Massage
  - Stretching
  - Pain-free core strengthening
  - OTC Anti-inflammatory Medication

# Low Back Pain

- Prevention techniques
  - Proper swing mechanics
  - Warm-up Routine
  - Stretching
  - Core Strengthening Program

# Golfer's Elbow

- Mechanism
  - Overuse
  - Repetitive wrist flexion
- Acute Management:
  - Rest
  - Ice
  - Cross Friction Massage
  - Stretching
  - Pain-free strengthening
  - OTC Anti-inflammatory Medication



# Golfer's Elbow

- Prevention techniques
  - Proper swing mechanics
  - Proper grip technique
  - Proper grip width
  - Stretching





# Tennis Elbow

- Mechanism
  - Overuse
  - Repetitive wrist extension
- Acute Management:
  - Rest
  - Ice
  - Cross Friction Massage
  - Stretching
  - Pain-free strengthening
  - OTC Anti-inflammatory Medication

# Tennis Elbow

- Prevention techniques
  - Proper swing mechanics
  - Proper grip technique
  - Proper grip width
  - Stretching

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# Wrist Tendonitis

- Mechanism
  - Overuse
  - Repetitive wrist flexion & extension
- Acute Management:
  - Rest
  - Ice
  - Stretching
  - Pain-free strengthening
  - OTC Anti-inflammatory Medication

# Wrist Tendonitis

- Prevention techniques
  - Proper swing mechanics
  - Proper grip technique
  - Proper grip diameter
  - Warm-up Routine
  - Stretching
  - Wrist Strengthening Program

# Rotator Cuff Strain

- Mechanism
  - Overuse
  - Motion of the lead arm in the golf swing
- Acute Management:
  - Rest
  - Ice
  - Stretching
  - Pain-free shoulder strengthening
  - OTC Anti-inflammatory Medication

# Rotator Cuff Strain

- Prevention techniques
  - Proper swing mechanics
  - Warm-up Routine
  - Stretching
  - Shoulder Strengthening Program

# Field/Playing Area Safety

- Lightning
  - Flash to Bang or 30-30 Rule
    - If there is 30 seconds or less between the time that you see lightening and hear thunder then seek shelter immediately.
    - Wait at least 30 minutes after the last thunder is heard before resuming play. If you see further thunderstorm clouds building, you should wait at least another 30 minutes.
  - Seek shelter in an enclosed vehicle, restroom, or other nearby building. Golf carts, trees, or other “shaded” locations are not safe.
- Animals
  - Keep your distance from animals, the ponds and bushes along the course may be their natural habitat.
  - Never walk or reach into bushes, overgrown areas, or ponds to retrieve your ball. Instead use your club to fish it out.
- Hazards
  - Obey posted hazard signs.
- Sun
  - Don't forget sunscreen.

# Equipment Safety

- Proper club length
- Proper club grip width





# Conditioning Tips to Avoid Injury

- Proper Warm-up (10 minutes)
  - Stretching – forearms, shoulders, low back & hamstrings
  - Practice Swings – start easy & progress to driving
- Proper Swing Mechanics
  - keep knees slightly bent to unload the spine, and shifting weight from back leg to leading leg assists in absorbing the shock of the swing, and unloads some of the stress from the spine
- Strength Program – core & all major muscle groups.



# Heat Illness

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# General Information

- White → Reflects 30% of the heat
- Dark → Reflects 18% of the heat  
(skin or clothing)
- Male: Lower % body fat
- Female: Higher % body fat
  - Core temperature must get higher before sweating occurs
- Core temperature: for every one degree of increased core temperature – there is an increase in heart rate (about 10 beats/1 degree)

# General Information

## Body Temperature



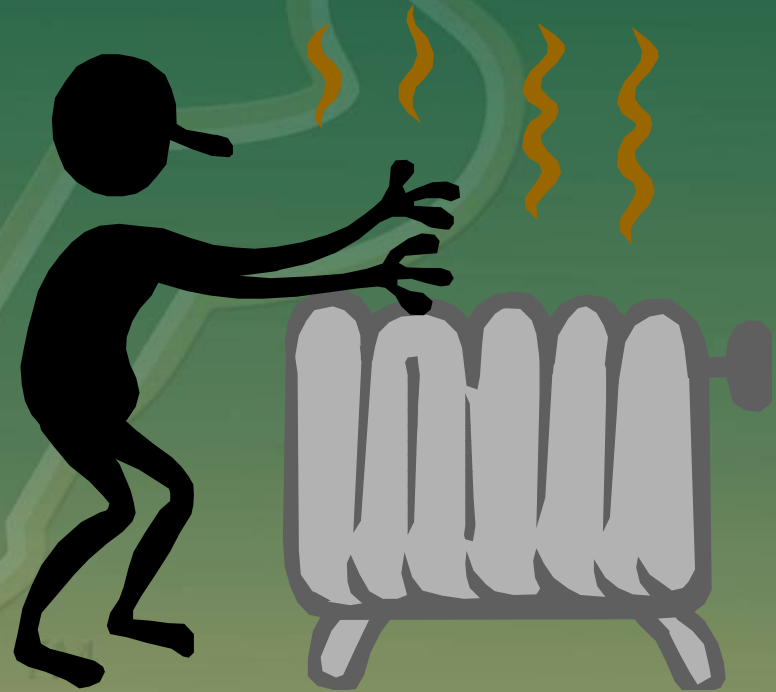
- Sweat increases
- Blood is pushed towards the skin
- Respiration increases
- Desire for food decreases
- Desire for fluids increases
- Desire for salt increases
- Muscles contraction decreases (willingness)

# Heat Illnesses - Causes

- Dehydration
  - 60+ % of total body water
  - Sugar in the stomach prevents rehydration
  - Observe until urination occurs (key)
- Electrolyte Imbalance
  - Depletion occurs over a period of 2-5 days
  - Ion-chemical charge

# Types of Heat Illnesses

- Heat rash
- Heat syncope
- Heat cramps
- Heat exhaustion
- Heatstroke



# Fluid Replacement

- **Before exercise:** drink 17-20 oz. 2-3 hrs prior.
- 17-20 oz 10-20 min. prior to exercise.
- **During exercise:** 7-10 oz. every 10-20 min.
- **After exercise:** within 2 hrs, drink enough to replace weight loss from exercise.

# If you remember nothing else....

- A regular strengthening program, and proper swing mechanics, along with a warm-up routine that includes stretching prior to playing golf helps to prevent injuries.



# Summary

- Overuse injuries are most common among golfers.
- Stretching, strengthening, and proper mechanics help to prevent golf injuries.
- Lightning can be deadly...watch the sky and listen for thunder.

## **MRSA**

### **Methicillin-resistant Staphylococcus aureus**

#### **The Silent Killer**

#### **Ways to combat MRSA:**

- Keep hands clean
- Shower immediately after exercise
- Keep cuts and scrapes covered
- Wear clean exercise clothes
- Don't share razors or other personal items
- Notify the athletic trainer of any unusual sores

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