

S.M.A.R.T Golfing Tips



Stretch. Move. Add it up. Reduce Strain. Talk to a Physiotherapist

The following S.M.A.R.T tips can help you get the most enjoyment out of a healthy and active golf season.

STRETCH – BEFORE, DURING AND AFTER YOUR GOLF GAME

Stretching keeps your muscles flexible and relaxed, your joints mobile, and relieves tension and strain. When stretching, remember that movements should be slow and controlled to the point where you feel a gentle pull of the muscles. If this pull lessens, stretch a little more. Do not bounce or jerk. Repeat each stretch three times in the same direction, repeat for the opposite side.

MOVE – TODAY FOR TOMORROW

Get moving. Keep moving. Stay moving. Through the seasons. Through life.

A game of golf is an excellent way to get your whole body in motion. Leave the golf cart at the club and walk the course to maintain and improve your heart health and overall physical fitness.

ADD IT UP – AN HOUR IS POWER

To maintain your mobility, make every moment count. Add up all you do in the day and aim for a minimum of 60 minutes of movement every day. For maximum benefit, physiotherapists recommend regular physical activity and stretching to maintain your physical mobility throughout the year.

REDUCE STRAIN – USE EQUIPMENT THAT WORKS FOR YOU

Your golf equipment should help your game, not cause additional strain. Take measures to fit your equipment to you, not you to your equipment.

- Choose your golf equipment to match your skill level and body type.
- Carry your golf bag over both shoulders and walk upright.
- If you have a one-strap system, alternate sides and walk upright to reduce strain.
- Push rather than pull a wheeled golf cart.
- When lifting, bend your knees, keep your back straight, hold your golf bag close and do not twist your body.
- Hold clubs in a loose, comfortable grip to reduce strain in your hand and forearm.
- Keep hydrated. Your body needs fluids to move effectively.
- Take breaks, rest your back and do a few stretches if you find your bag is getting too heavy.

TALK TO A PHYSIOTHERAPIST

Physiotherapists are healthcare professionals who help people of all ages and lifestyles gain and maintain their desired level of active living and physical mobility. With their applied knowledge and understanding of the human body in action, physiotherapists are able to help you to increase your mobility, relieve pain, build strength and improve balance and cardiovascular function. Physiotherapists not only treat injuries, they also teach you how to prevent the onset of pain or injury that can limit your activity.