

## Summer is Golf Season!

By Andrea Doddata

**Summer is High Season for Golf Play. Don't let overuse Injuries keep you confined to the cart.** It is all too common for me to see golfers develop aches and pains by mid summer. Every round and practice session seems to cause aggravation making what should be an enjoyable experience a “grin and bear it” task.

Overuse injuries in golf affect the weekend warrior through tour player. Take the time now to do a few exercises in the gym, and minimize your injury potential.

Golf is a one sided sport, meaning the body is always generating force in one direction, and the same muscles are used repeatedly. Thus the body never changes direction nor uses antagonist muscles leading to imbalances. This can be avoided through specific exercises.

Golfers can develop pain from many sources, it can be a structural or muscular imbalance, an overuse injury or an injury due to a mishap. Attention needs to be paid to that area so further complications do not arise. Overuse injury is the easiest to prevent as long as the golfer is diligent in staying on top of their conditioning.

The two biggest areas I see overuse injury occur is the wrists and the shoulders. By keeping the supporting muscles strong, the joints, bones, ligaments and tendons will become more stable.

Try adding these exercises, three times a week, for an injury-free golf season.

### Rear-Delt/Scapular Triple Set

I call this first exercise the Retract-Rotate & Press exercise.

- Grab a light pair of dumbbells and lay facedown on a slight incline bench.





- Make sure elbows are 90 degrees from body and the press is in line with your head

- With palms facing down, raise arms in line with shoulder, retracting the scapula or shoulder blade



- Now thumbs facing down, again raise arms in line with shoulder, squeezing between the shoulder blades at the top

Perform two sets of 15-20 reps

## Forearm Quad Set

Grab two dumbbells and rest your forearm on the top of your thighs

- Start with palms facing down, hands on outside edge of weight, raise and lower dumbbells



- Thumbs facing up, raise and lower weight



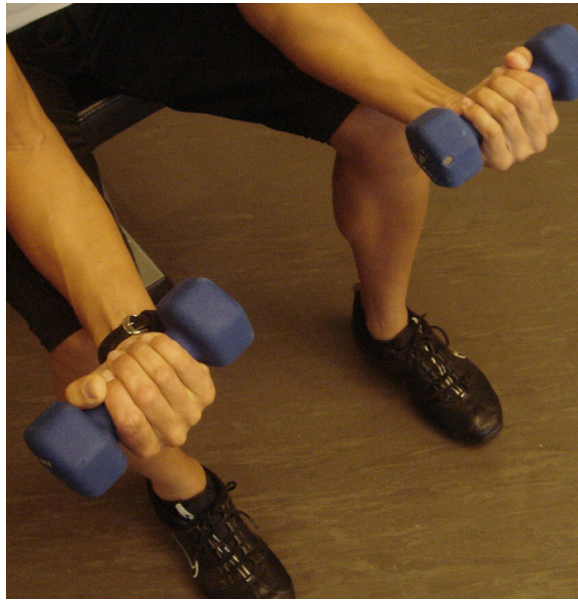
- Thumbs facing up, raise and lower weight



- Twist weight back and forth using your full range of motion

- Palms facing up curls

Perform 3 sets of 20 reps each



To learn more about how Andrea can help you with your golf specific fitness visit [www.shapeandsport.com](http://www.shapeandsport.com)

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