

## Can you score 79 at 79?

By Ramsay McMaster

### Introduction

To help understand the needs of injured and older golfers we presented to Professionals, Administrators, Club Captains and Club members (from 5 clubs) to make them aware of the G.U.R. Program and “Getting Fit for Golf” program.

We asked for their input and we enclose a summary of some major issues that arose.

### 1. Poor Golf Health Awareness

Many golfers were not aware of golf specific fitness systems and felt that it was for tour players only.

### 2. Gardening; Driving Affects Golf

Many golfers found that activities such as gardening and driving had a major adverse affect on their golf swings. In fact, gardening prior to playing golf seemed to aggravate or cause injury in golfers.

### 3. Juniors become Seniors

It was emphasised that if we look after a good junior program this will promote loyalty in the Club and more members looked after at junior level will stay on at adult level.

**4. Work Station in Pro Shop**

Having a warm up and health awareness are in the pro shop would be the best location to make people aware of effective physical preparation for golf.

**5. Big Picture Wellbeing Centres at Major Clubs**

Larger Clubs around the world are integrating with recreation facilities and providing more services for their members thus keeping golfers in golf.

**6. Wrong Exercises – Detrimental to Golfers**

Many baby boomers and senior golfers are trying to stay fit but are given the wrong programs and much of this is actually causing injury.

**7. Some Golfers Seek Ongoing Help**

Many golfers need a maintenance program to allow them to continue playing on the Course. Some people are very pro-active post knee/hip replacements, some are not as active, whilst others cannot differentiate between generic rehabilitation and golf specific rehabilitation. Some golfers are looking for coping strategies on Course as they get older.

**8. Bereavement**

Golfers do play with their partners in life and if their partner has poor health or passes away, this has a significant physical and mental effect on the surviving partner.

**9. A Form for Professionals to Check Golf Physique**

A simple body testing form can be used during a lesson to check physical breakdown in the golfer e.g. posture, flexibility, etc.

**10. Get Fit for Golf Classes**

On busy days at the Club, classes could be established which would promote awareness and injury prevention in golf.

**Conclusion**

I found these were interesting topics to discuss and we would like to use it as a forum and paste your views on these subjects.

Please send your comments to [golfphysio@golfmed.net](mailto:golfphysio@golfmed.net)