

Mayo Clinic Minute

What parents should know about kids and golf

| Video | Audio |
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| Sanjeev Kakar, M.D. | “Erin, here, is our 16-year-old golfer.” |
| Vivien Williams | Erin got into golf because she likes it. As she chooses to become competitive ... |
| Sanjeev Kakar, M.D. | “... it’s important to have lessons so she has proper physical form.” |
| Vivien Williams | Dr. Sanj Kakar says proper equipment, form and grip will help prevent common, overuse injuries such as wrist tendonitis. |
| Vivien Williams | Don’t use an adult’s hand-me-down set of clubs for kids. |
| Sanjeev Kakar, M.D. Orthopedics Mayo Clinic | “Having good golf equipment which is fitted for them is probably the way to go.” |
| Vivien Williams | Next are form and grip. |
| Sanjeev Kakar, M.D. | “She’s got good, athletic posture and she’s got a good grip.” |
| Vivien Williams | How kids grip and swing the club are key to preventing injuries. At the top of the swing, don’t let the club drop down. |
| Sanjeev Kakar, M.D. | “That is stressing the tendons on this side, and can give you tendonitis.” |
| Sanjeev Kakar, M.D. | “And in the follow-through, as she comes down, the dominant wrist, the left wrist, is firm at impact.” |
| Vivien Williams | Hinging the wrists at the end of the swing, or letting them collapse can also cause tendonitis. What’s another big |

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| | <p>issue that puts kids at risk? Pushing them too hard too fast.</p> <p>For the Mayo Clinic News Network, I'm Vivien Williams.</p> |
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