

Mayo Clinic Minute

Tips to prevent golf injuries

Video	Audio
Vivien Williams	A good golf swing looks effortless, but playing without proper preparation may cause injuries.
Sanjeev Kakar, M.D. Orthopedics Mayo Clinic	“I try to break it down into the four Ps. The first ‘P’ is posture and physical conditioning.”
Vivien Williams	Dr. Sanj Kakar says strength and flexibility can help prevent lower back, wrist and elbow injuries.
Sanjeev Kakar, M.D.	“Work on some basic stretching ...”
Vivien Williams	... moves that loosen your back, hips, shoulders, arms and wrists.
Sanjeev Kakar, M.D.	“The second thing is to have proper mechanics.”
Vivien Williams	Take a lesson with a PGA player. Proper mechanics can help you avoid issues such as ...
Sanjeev Kakar, M.D.	“... thumb arthritis or tendonitis.”
Sanjeev Kakar, M.D.	“The third thing is to practice for a purpose.”
Vivien Williams	Don’t go out and hit hundreds of balls. Focus on one skill for a shorter amount of time.
Sanjeev Kakar, M.D.	“The fourth thing is proper equipment.”
Vivien Williams	Be sure clubs are the right length, and the grip is wide enough. Don’t use old, steel-shafted clubs, because new clubs have lighter graphite shafts and are better shock absorbers.

Vivien Williams

Easy preparations to help make your golf season injury-free.

For the Mayo Clinic News Network, I'm Vivien Williams.