

Title:

How To Enjoy Golf Without Hurting Your Lower Back

Word Count:

940

Summary:

The golf swing, lower back, and injury are common phrases in the world of golf. It is understood

Keywords:

Golf, Golf Fitness Training, Golf Swing Instruction, Golf Flexibility Exercises, Lower Back Training

Article Body:

The golf swing, lower back, and injury are common phrases in the world of golf. It is understood

Again, we are all aware the lower back is one of the most often injured areas of the body in the

The situation of performance on the golf course comes into play. Often times prior to injury on

On the PGA Tour keeping the lower back strong and injury free is a daily task. It is understood

Over time, this can easily cause injury if you do not take the correct steps. This leads me to

He wrote in with a question about his lower back and here is what he had to say;

^Sean,

I am 54 years of age and a very keen golfer.

Lately I have been experiencing back pain, maybe because of too much golfing?

I need your kind experience to advise me on this subject so that I can enjoy golf without any harm to my back.~

Thank You,

Bryan

First and foremost the reasons for lower back pain is numerous and is best identified by a qualified

My first suggestion is to get the lower back checked out by a back specialist. This will determine

Now Bryan brings up a very good point in his e-mail. He discusses the possibility that his lower back  
This absolutely could be the reason why his lower back is ^tight~ and ^sore~.

Again, we know the lower back is placed under high amounts of stress every single swing of the

Once the muscles of the lower back are fatigued it is a very short step to injury. What is the

It simply requires the development of muscular endurance in the lower back to withstand the stress

Muscular endurance is the ability of the neuromuscular system of the body to perform a repetitive

In addition to the development of increased muscular endurance the efficiency of the golf swing

Additional research has indicated the shear forces placed upon the lower back of a professional

Stated previously, numerous reasons exist for the lower back to become injured. The mechanics

Additionally, the efficiency in which the mechanics of the golf swing are executed affects the

Sean Cochran

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