Soundbite Script – Get Ready to Golf

Erik Smith, Athletic Trainer, OSF HealthCare

"It's just like getting right out of bed. You're really going to be stiff, your muscles are going to be really taut, and we need to shake those up. If you're going to grip it and rip it, there are going to be injuries and some soreness in your body and you're not going to play as well as you'd hope to be."

Erik Smith, Athletic Trainer, OSF HealthCare

"You can start pretty slow right now. Start with some cardio whether you're going to be walking or even riding, you're still going to be doing a whole lot of cardio work in the game of golf. If you have a gym membership and you've been slacking on it I would start going. You can do 30-40 minutes a day for 3-4 days a week, and you can amp that up as you'd like. But overall strength and mobility and flexibility in the body is super important in the game of golf."

Erik Smith, Athletic Trainer, OSF HealthCare

"It can be as little as a few days up to a month or so depending on that individual's body and how bad they injured it, whether they've had previous injuries of the lower back, or if that lower back injury cause other problems down the road to other body parts."