

Soundbite Script – Ease into the golf season

Michael Hahndorf, physical therapist, OSF HealthCare

"I think about the low back, especially the population that plays golf tends to be a little bit older sometimes. The lower back, the shoulders. You think about the arms and wrists are important, but you don't want to forget about your foundation as well – your legs, your ankles, your knees, your hips, all that is important too. It goes back to just stretching and being more prepared for what's coming when you do play." (:23)

Michael Hahndorf, physical therapist, OSF HealthCare

"Start to walk nice and easy. Get your body used to kind of physical activity again, taking some swings at home without even going to the driving range. It could be something as simple as going to the driving range and hitting a small bucket versus large, and then kind of working your way into nine holes for a little bit, and then slowly transitioning to those 18 holes. Because it's going to be a big change of pace from nine to 18 over the course of time." (:21)

Michael Hahndorf, physical therapist, OSF HealthCare

"When it comes to a good golf swing, you think about having good posture and having a flat back," Hahndorf says. "Have your hips tucked underneath you, have your knees bent a little and those arms straight down. Posture plays a role importantly there, because it's going to allow for that rotation." (:13)

Michael Hahndorf, physical therapist, OSF HealthCare

"It's important to stretch before to warm up but also afterwards, so you can kind of get ahead of some of that soreness. Because it can be tough for the first couple rounds. Just maintain just a gentle stretching routine for five to 10 minutes a day to keep that low back, hip, shoulder mobility kind of where it was when you ended." (:19)

Michael Hahndorf, physical therapist, OSF HealthCare

"Just take care of your body. If something hurts, pay attention. You know how things are supposed to feel. So, if it feels off make sure you're reaching out if you need to." (:9)