

## **Script – Broadcast – Ease into the golf season**

### **INTRO**

Spring has arrived which means another golf season is upon us. And that has many golf enthusiasts racing off to area courses.

Before tossing the clubs in the trunk, however, the priority is getting your body ready for the long season. Hopefully, you've maintained some level of fitness during the winter. But if you spent the past few months watching Netflix from the couch, experts have some important advice to keep your body injury free, especially to start the season.

**(((SOT)))**

**Matthew Davidson, physical therapist, OSF HealthCare**

"I would just start a stretching routine. Start there, work on flexibility a little bit, range of motion, try and do what you can to counteract that stiffness that you seem to get over the winter months. Cardiovascular exercises are really good because they don't only build up that system but improve blood flow and help with weight loss for those who might have gained a few pounds over the winter." (:30)

### **VO**

For the most part, golf is a relatively safe sport, but injuries can happen, especially because of not using proper form or technique. Most golf-related injuries involve the lower back, shoulders, wrists, and elbows. Walking nine or 18 holes can be challenging, especially if you've been mostly sedentary for the past several months. Even carrying a golf bag can cause back and shoulder pain. That's why it's important to start making changes immediately. Flexibility is the key. It will promote mobility, which helps joints throughout the entire body.

Davidson suggests starting with nine holes before walking 18. And develop a walking routine of five or 10 minutes. Walk your dog around the block, for example, and increase the distance each time you walk.

### **TAG**

Before starting any round, Davidson says to give yourself at least 10-15 minutes to properly stretch your back, hamstrings, abdominals, arms and shoulders to stay flexible. And make sure to get plenty of practice swings in before you head over to the first tee.

And remember to swing properly. The keys of a good swing include good posture, a stable lower back, and a slow relaxed swing. Most injuries that happen on the course are a result of poor form and an incorrect swing. An early-season injury, especially during cooler temperatures, can really set back a golfer for a period of time.

Davidson adds that muscle strains can take anywhere from a few days or a month or longer, depending on the person. His advice is to use pain as your guide. Rest up, ice, use heat to manage it. And if it doesn't improve, make an appointment to see your physician.