

COMPUTER YIPS



How many times have you sat for hours, stressing, over your computer and then gone to the golf course and played a bad round of golf?

One of the biggest mistakes a golfer can make before playing is to forgo a proper warm-up. In addition to this, the majority of golfers can impair their performance and incur injuries as a result of prolonged sedentary work prior to a round such as sitting at a computer.

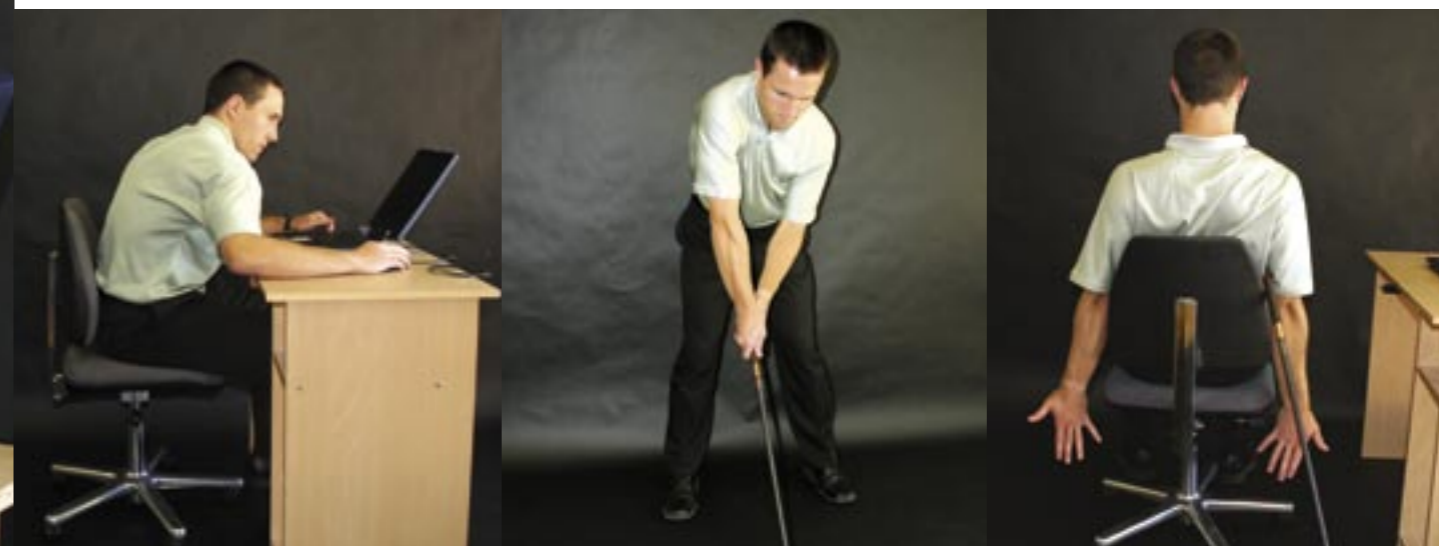
My clinical experience has indicated that a major contributing factor to golf injuries is working at a computer prior to playing. There are some common fixed postures that develop while using your computer. These postures can restrict your body and golf swing and subsequently cause golf injuries. They can be prevented by golf specific postural

exercises that can prevent injury as well as enhance your on-course performance.

Some of these exercises can be performed while you're at work. Take your favourite golf club to work to assist with these exercises.

Not only will your golf swing improve but your posture at work will also be enhanced.

Every exercise should be done at least once an hour for every hour that you are at your computer. Each exercise should be done for 30 seconds and if you experience intense pain or dizziness stop. Work within your physical limitations and if in doubt consult a qualified sports medicine professional.



Right arm flexed

Rounded posture at golf swing

Neck and shoulder extension

CAUSE

This posture is caused by using a mouse on one side of your body for prolonged periods of time. The shoulder also becomes rounded on the right side (the opposite occurs in left handed golfers).

SWING FAULT

This causes the right shoulder and arm to come over the top and cause poor alignment in set up position. This position can also cause a poor putting stroke.

EXERCISE

Place your small finger on the side of the chair, keep your arms straight and your shoulder blades backwards and downwards, press your finger against the chair. Place club head on the floor and the grip of the club at the back of your armpit and feel your tricep and shoulder muscles work.



Slumped posture



Poor core stability and rotation



Rotation exercise



Rounded posture at desk



Rounded posture at set-up



Neck and shoulder extension

SWING FAULT

Slumped posture will cause poor rotation and control in the golf swing leading to reduction the distance you hit the ball and can lead to severe back injuries.

CAUSE

Weak abdominal and postural muscles and staying on the computer too long without sufficient breaks.

GOLF EXERCISE

Fixing your hips on either side of the chair and your back in an upright position to maintain good posture, place a golf club on your belt line and slowly rotate from side to side. This exercise will work your abdominal muscles.

CAUSE

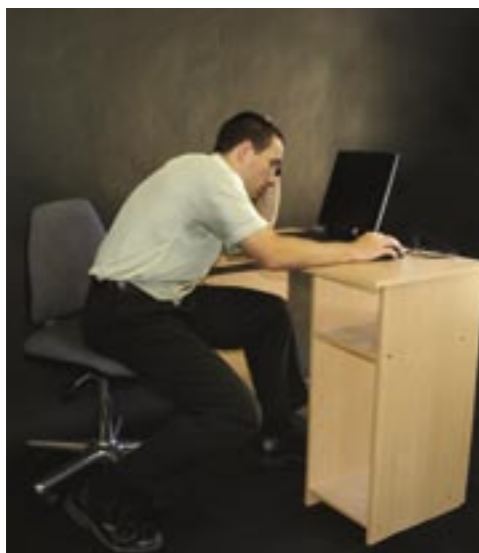
Prolonged sitting, poor sitting posture, staring at the monitor.

SWING FAULT

This postural position causes poor shoulder control in the swing, allowing the arms to dominate the swing causing elbow and neck pain.

EXERCISE

Keeping your fingers interlocked on the golf club, place the club behind the back of your head, with chin tucked in and your ear in alignment with your shoulder. Hold the position for 30 seconds.



Tight hips at desk



Hips slide in your golf swing



Hip stretch using desk and golf club

CAUSE

Sitting for long periods of time without standing, poor sitting posture, not stretching your hips intermittently when using the computer.

SWING FAULT

Hips and legs are not stable in the golf swing and because they are tight they slide causing hip and back pain.

EXERCISE

Place a club in your hands, extend your arms above your head and place your right heel on your desk. Bend your left knee slightly and tilt your pelvis and spine backwards and tilt your upper body from side to side. Repeat for opposite leg.

Take your favourite golf club to work to assist with these exercises. Not only will your golf swing improve but your posture at work will also be enhanced.

Working on a computer for a large part of your workday has a massive effect on the golf swing. It takes two-to-three seconds to swing a golf club yet you can be operating a computer for up to eight hours non-stop. That makes the ratio between time spent on a computer compared to a golf swing 960-to-1.

Symptoms such as headaches, neck, elbow and back pain are strong extrinsic factors to poor golf technique.

Break up and postural exercises are essential for golfers who want to keep playing good, consistent and injury free golf.

If you need a postural program for the office or golf or need treatment for an injury or pain as a result of computer work contact Ramsey McMaster or Darren Lay at ***** on *****

