

Getting into Golf

Back to Health

Colorado Chiropractic Association



Mark Twain said, "Golf is a good walk spoiled." Even though this sentiment is shared by many players, golf remains a very popular pastime. Learn how to enjoy the game by staying flexible, both physically and mentally.

Follow these tips, tee-off, and have fun!

Shape Up and Golf!

If you're interested in improving your golf performance, you need the right equipment, professional lessons, and a specific exercise program. Most golf

professionals use golf-specific conditioning programs to enhance their game and prolong their careers. If you're serious about playing and want to minimize injuries, you should do the same.

Regardless of your age, gender, or skill level, participating consistently in a golf-specific exercise program can greatly improve your golf game, as well as your quality of life off the course.

A golf-specific conditioning program should have three components:

strength training, cardiovascular conditioning, and flexibility. Improving your fitness level can generate greater distance with less effort for a more consistent ball flight.

This, in turn, will lower your scores and increase your enjoyment of the game.

Developing muscular **strength** and power will enable you to generate increased club head speed, which will result in increased distance. Try a strength-training program that concentrates on the core muscles of the body. It should be done two to three days per week with one set of 8-15 repetitions per exercise.

To play optimal golf you must also improve your **cardiovascular conditioning.** Just playing golf alone

is not enough to improve your aerobic fitness. If you improve your cardiovascular fitness you'll maintain your energy levels, fight fatigue, and stay mentally focused for 18 holes. Walking, biking, stair-stepping, and running are great examples of cardiovascular exercise. If you have not exercised for a while, 15 minutes two to three times per week at a comfortable pace will improve your current aerobic fitness level.

Flexibility is the range of motion around a specific joint. If you have decreased range of

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motion in any joint, especially the shoulders, hips or low back, your swing may not be mechanically sound or efficient. Swinging a golf club a couple of times before you play is not enough. You can increase your range of motion in your shoulders, trunk, lower back, legs, arms and hands with five minutes of stretching each day. Always warm up by jogging in place or walking briskly for a few minutes prior to stretching. This will increase your body temperature, allow muscles to lengthen, and reduce the potential for injury.


Always consult your doctor before you start any fitness program. A doctor of chiropractic or golf pro can evaluate your areas of tension and flexibility. Be careful, take it easy, and never exercise to the point of feeling pain.

Other Quick Tips for Great Golf











Pull, don't carry, your bag. Carrying a heavy bag for 18, or even nine, holes can cause your spine to shrink, leading to disk problems and nerve irritation. If you prefer to ride in a cart, alternate riding and walking every other hole if possible. Bouncing around in a cart can also be hard on your spine.

Drink lots of water. Dehydration causes fatigue. You may try to compensate by adjusting your swing, increasing your risk of injury. Don't smoke or drink alcoholic beverages while you play since both cause fluid loss.

Stay on Top of Your Game with Chiropractic

Doctors of chiropractic are trained and licensed to address health concerns that can affect your golf game. Many have specialized training in sports medicine and can provide specific fitness and wellness advice for golfers. It is common for golfers, even PGA Tour players, to play better after receiving chiropractic treatment. Do yourself – and your golf game – a favor and visit your doctor of chiropractic today! 

Golf-isms

-  Golf can best be defined as an endless series of tragedies obscured by the occasional miracle.
-  I wish I could play my normal game – just once.
-  The term “mulligan” is really a contraction of the phrase “maul it again.”
-  A “gimme” is best defined as an agreement between two golfers – neither of whom can putt very well.
-  An interesting thing about golf is that no matter how badly you play – it is always possible to get worse.
-  I play in the low 80s. If it's any hotter than that, I won't play.
-  Golf is the only sport where the most feared opponent is you.
-  The best wood in most amateurs' bags is the pencil.
-  Hank Aaron once said, “It took me 20 years to get to 3,000 hits – I did that in one day on the golf course.”
-  Do you know that the odds of getting a hole in one for the average golfer is over 8000 to 1?