



# ***Cape Cod Rehab Golf Newsletter***

February 2010

## **THIS MONTHS TOPICS**

- Common injuries sustained to the elbow
- Anatomy of the elbow
- Common swing characteristics that lead to elbow injuries



Our passion aims at preventing injury, extending your longevity of play, and improving your overall fitness. Our dexterity with experience and education, creates the perfect setting for golfers to improve their performance!

[IF YOU HAVE COMMENTS, SUGGESTIONS OR KNOW SOMEONE THAT WOULD LIKE THIS NEWSLETTER PLEASE DO NOT HESITATE TO CONTACT ME VIA E-MAIL AT:](#)

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## Common Elbow Injuries

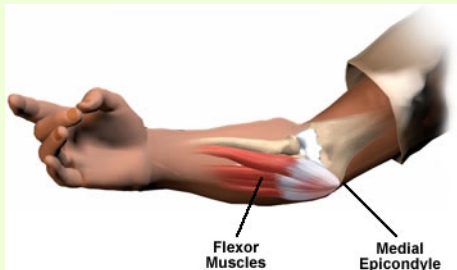
There are two common elbow injuries sustained by golfers: Tennis Elbow and Golfer's Elbow. Both have similar signs and symptoms, however are located on different sides of the elbow. Tennis Elbow is termed lateral epicondylitis, whereas Golfer's Elbow is termed medial epicondylitis. The signs and symptoms include: tender to touch, pain in the forearm or above the elbow, difficulty or pain with lifting and grabbing objects. Both of these injuries are muscle strains to the supporting muscular group or the tendon attachment. The cause of injury can be any of the following: poor mechanics, overuse, and lifting or twisting something too heavy.

## Anatomy of the Elbow

### Medial Epicondylitis/Golfer's Elbow



Thumb is on the medial epicondyle



Flexor-pronator muscle group affected

### Lateral Epicondylitis/Tennis Elbow



Thumb is on the lateral epicondyle



Extensor muscle group affected

all taken from googleimages.com

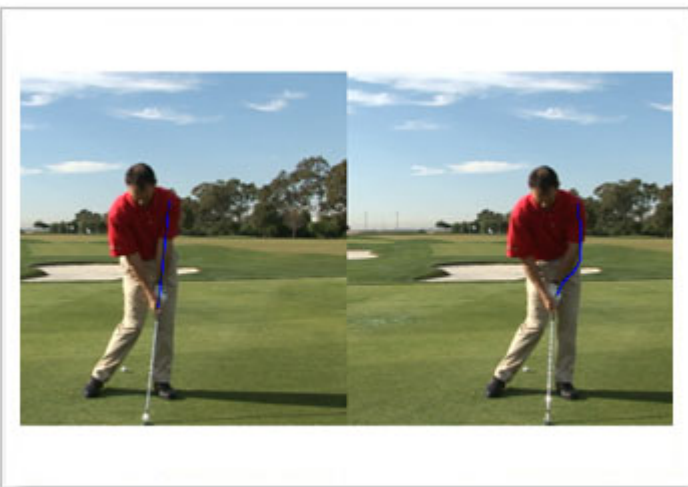
## Common Swing Characteristics

Golfers suffer from Tennis Elbow 7 times more than Golfer's Elbow according to the Titleist Performance Institute. Tennis Elbow will occur on the lead arm. Below are two common swing characteristics that lead to this injury:



Scooping

The lead wrist is in extension



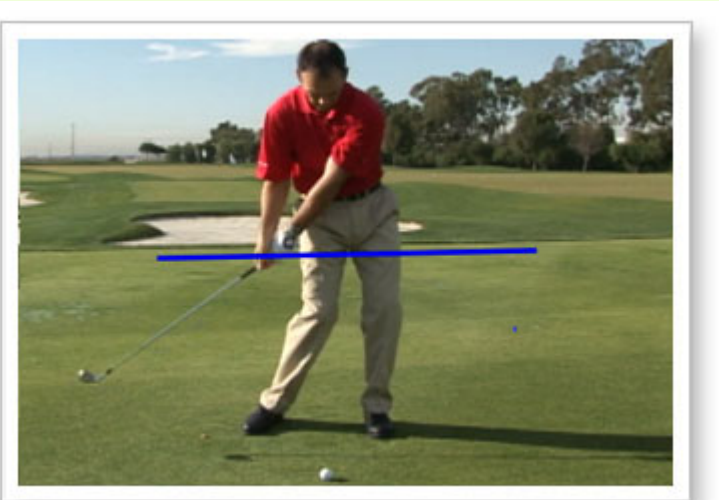
Chicken Winging is noted at the right picture.

taken from mytpi.com

Both pictures above show the lead wrist in extension, which occurs from a loss of elbow extension. When this forceful motion becomes repetitive, a breakdown in the muscles of the forearm will occur resulting in tearing of the fibers. High amounts of speed and power are generated through the impact area, and the elbow joint can only handle so much.

Golfer's Elbow occurs on the trail arm and can be the result of a lateral force. Below are common swing characteristics that will increase your chances of injury:

### Casting/Early Release



It is termed casting or early release when the club head and left forearm are in a straight line prior to making contact with the ball.

### Over the Top



Club should be between red and blue lines (the slot).

Both of the swing characteristics above are common in golfers that dominant with their upper body instead of following the kinematic sequence (transfer to pelvis first, then to the torso, next the shoulders/arms, and finally the club). Injury occurs to the trail arm when the wrist angles are released too early. In order to gain power and speed, it is common for excessive wrist motion to occur, which will lead to vigorous muscle contraction and tendon stretching. A breakdown of the muscle fiber can occur when the lead wrist contracts into extension and the trail wrist follows by forcefully flexing.

There are other physical causes that contribute to these swing characteristics as well. Completing the TPI Golf Fitness Assessment Screen is the first step to discovery.

If you have not had a TPI Golf Fitness Assessment Screen  
WHAT ARE YOU WAITING FOR?  
[Screens completed in Hyannis and now in Mashpee!](#)

\*\*\*\*You should always check with a medical or fitness professional prior to initiating an exercise program. Exercises and stretches should be chosen on an individual basis to ensure proper performance and reduce the risk of injury\*\*\*\*

## LET'S UPDATE YOUR PROGRAM!

Sarah is taking appointments for one on one golf fitness training. Rates available for half hour, full hour, and bundle package sessions (free membership included with package deals).

Call Sarah at 508-477-6128 or email at [sbatz@cape.com](mailto:sbatz@cape.com)



