

Health Benefits of Using an Electric Golf Trolley

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If you are one of those golfers who enjoy the health benefits of playing a round of golf then you might want to consider the use of an electric golf trolley. Since golf is a game that relies on co-ordination of the muscles of the back, shoulders and wrists, then anything which helps to prevent sprains and injuries in those areas can only be beneficial. The perfect golf swing needs muscles that are not only co-ordinated but that are also fresh and ready for action. Carrying a heavy bag looped over one shoulder is not conducive to helping keep these muscles in the best of condition and many golfers find that the aches and pains that they experience after a long afternoon on the fairways is actually from the carrying of a heavy golf bag rather than the actual game of golf!

The other aspect to consider in golf fitness is the importance of legs and knees. If you have any particular problems with your knee joints then carrying golf equipment for several miles around a golf course will only serve to exacerbate the condition and joints can become painfully inflamed as a result. The use of an electric golf trolley will reduce the load on key joints whilst still requiring the golfer to walk and therefore retain the key cardiovascular benefits that golfing can bring.

A number of golfers have been injured when constantly putting down and picking up equipment such as golf bags. The back is particularly prone to injuries of this type and once injured can take many weeks or even months to return to normal. Again the use of an electric golf trolley brings significant benefits in protecting the golfer from back injury as it presents and carries heavy equipment around the golf course.

A final benefit of an electric golf trolley is for those who have undergone serious treatment for any injury or disease. Such conditions need the sufferer to consider carefully their actions during the recovery period and many golfers have found that normal golf activity has been severely curtailed as a result of instructions from their doctor or surgeon. This can bring its own frustrations, as time ticks slowly toward the moment you can resume your time on the greens. The electric golf trolley can be significant aid here in providing a method of risk reduction during the recovery phase and therefore the time to get back on the course can be significantly reduced. Some golfers have found that their doctors have actually recommended the electric golf trolley as a proviso for resuming sporting activity on the golf course, such are the perceived benefits. Many patients have found that an electric golf trolley benefits them on the road to a full recovery.