

Golf Back and Shoulder Injuries

If you are having back problems when playing golf, have you thought it could be your golf bag? A golf trolley is essential for a round of golf and instead of carrying your bag it could improve your health and your game.

Golf can be seen as an old man's sports and carrying a bag around can be a real effort even for the youngest of golfers. Lugging a bag around which is full of clubs over the one shoulder can do lots of harm to your back. By buying a good golf trolley it can eliminate many problems in your game. Carrying your bag can generate large amounts of pain in your back and can affect your technique.

The biggest problem which male professionals suffer from is their back. Four out of five golfers, no matter what level that they are playing at have had or are suffering with lower back pain.

All golfers know of the problems which can come from playing golf. To make these even worse it is done so more by carrying a golf bag. Golf trolleys can help with unnecessary strain and improve your game. By carrying a golf bag it can be exhausting and by using a trolley it can help you improve your shot choice. You can save all physical energy when using a golf trolley.

Electric golf trolleys have more benefits than pull trolleys. When you pull a golf trolley, your back and shoulder are usually at an unusual angle and this can put an excessive strain on your joints. Indeed, many shoulder (rotator cuff) injuries are the direct result of using a pull trolley. An electric trolley is self-propelled and usually is simply guided from in front of you, hence there is little or no strain on your muscles and joints. You still benefit from the cardiovascular exercise of walking the course, but without the injury risk.

You can improve your athleticism by using a trolley as it can prevent you from getting back strain and help strengthen your muscles for the game. Many people believe that by carrying a golf bag it can make you fitter - however they are wrong. You should spend more time in the gym and using the correct equipment under supervision from a qualified instructor. By putting a bag on your shoulder and walking the hills of the course can cause injuries and take away the fun of the game.

Before playing it is essential that you warm up. Strength, flexibility and endurance are all important when it comes to a good warm-up, stretching and core-strengthening work.

If you want to have a long golfing career then your back is the most important part which you need to protect. We have three handy hints to help you get in the right direction.

1. Invest in an electric golf trolley - it can save the strain on your back
2. Get fit - The stronger and more flexible your muscles are the better your swing can become.
3. Lessons- by having the correct technique you can prevent lots of injuries.

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