

## “Golf Chat”

AposTherapy®, has been used successfully in many cases of **non-specific low back pain** (NSLBP) because the treatment takes place during the patient's normal routine and introduces optimal patterns of motion into the patient's everyday life. By improving our movement patterns during day to day activities means that when you return to golf and other more demanding tasks, the muscles will continue to support the joints better and the pain and stiffness previously felt will be less.



### “Golf Chat” - Most common causes of LBP during a golf swing

- 1. Reverse Spine Angle** - normally a lack of rotation at hips or mid back causes lower back to excessively extend during the backswing.
- 2. S-posture** - at set up of the golf ball, the golfer has excessive anterior tilt of the pelvis (lumbar extension)
- 3. Hanging Back** - staying behind the golf ball at impact, normally in an attempt to open the club face causes excessive stress to be placed on the right hand side of the lower back.

*“Prior to using AposTherapy®, playing golf was becoming uncomfortable due to quite severe back pain, I was only able to stand for a few minutes without pain, which caused me to have to sit down, where ever I was. Since being on the AposTherapy® treatment, which I started less than three months ago, golf is now pain free and I can stand for over an hour without any discomfort.”*

Patient name: Anonymous

Age: 69

Condition: Spinal stenosis

# AposTherapy®

Be yourself again

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80%

Although golf is a low-impact sport, it's associated with a significant number of injuries, with over 80% of golfing-related injuries resulting from poor mechanics or overuse.

## AposTherapy®

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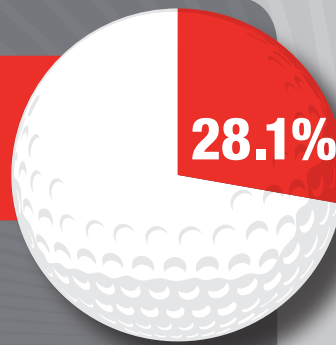


## LOWER BACK PAIN IN GOLFING

Lower back pain is one of the most common complaint among golfers and it is often caused by a poor swing. The golf swing is a highly demanding task in itself and requires a combination of adequate flexibility (mainly rotation), along with good muscle control to ensure good quality movement is taking place.

Also, poor flexibility and muscle strength can cause minor strains in the back that can easily become severe injuries.

**Titleist Performance Institute surveyed 31,000 golfers - 28.1% of players deal with lower back pain after every round.**

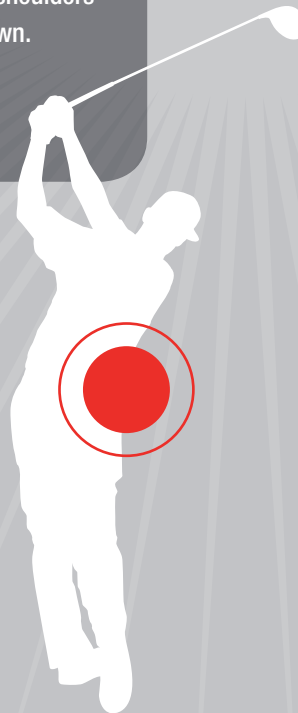


1. Lower Back Pain is often caused by a faulty 'body-swing connection'.
2. Lower Back is often the source of pain, but rarely the cause. Poor mobility in ankles, hips, thoracic spine and / or shoulders causes the lower back to be over-used and eventually break down.

Treatment needs to: Normalise Movement Patterns; Optimise Swing Mechanics; Incorporate Recovery Techniques.

During a golf swing, the back must be the stable base of which the rest of the body must follow. If there is poor range of movement or lack of muscular co-ordination around the core, pain can often present. Lower back pain accounts for 1/3 of the injuries experienced by golfers.

This is due to the mildly bent position and twisting action at speed during the swing. This combination is an unfavourable movement if your back core muscles are weak, lack control and there is underlying spinal stiffness or poor flexibility. Inevitably, with repeated poor technique, this will eventually lead to pain.



## LOWER BACK PAIN IN GOLFING

Following the initial onset of back pain, the body has a protective muscular response in which the tension increases in the muscles surrounding the spine - often referred to as guarding or bracing. This type of muscular activity causes muscle fatigue, dispersed achiness, muscular spasms and reduced control of the spinal joints.

Due to the reduced control, all structures around the spine are more vulnerable to further injury. It is therefore, important that after an episode of low back pain, the muscles are retrained to ensure efficient control of the spine.

Physiotherapists normally aim to improve symptoms through soft tissue or joint mobilisation, alongside exercises to both strengthen the stabilising muscles around the back and improving flexibility through stretching. These are often very effective for settling acute flare-ups of back pain and getting you back on the course as soon as possible. Unfortunately, when symptoms have been present for long periods, and the "bracing" strategies are well embedded into our movements, it is difficult to break these cycles.

### AposTherapy®

A specialist treatment known as AposTherapy®, does exactly this. It has been demonstrated to be effective to provide pain relief and improved mobility in patients with non-specific low back pain. It can be implemented during the acute and chronic phases of low back pain and after a thorough assessment and diagnosis of the condition has been completed. AposTherapy®, ensures loading of the spine remains central throughout treatment to reduce muscular activity and bracing, preventing fatigue and spasm.



After the acute episode has passed the function of muscles around the spine, posture and problematic muscular habits must be assessed. AposTherapy®, reduces the vulnerability of the spinal structures by addressing the root of the problem, the muscle dysfunction.

The aim is to retrain the muscular patterns during daily activities to provide better spinal movement control and alignment. AposTherapy®, also overcomes the challenge of how to teach the body to use the improved control patterns and maintain postural alignment whilst completing daily activities.