

Return to Golf post Lockdown

The Problem

- Being in Lockdown is similar to being injured.
- Your body will have deconditioned over this time and you have to recondition or you may be putting yourself at risk of injury.
 - Golf has two components: Walking & Hitting a Ball.
- The basic principle to follow is – do not go straight back to doing what you used to do before lockdown.
- Think about what you have been doing and increase gradually from there. If you have been doing nothing this will take many weeks to get back safely.
- If you have taken the opportunity to walk whilst not playing golf then this component may not be an issue. Remember golf courses are about 7000 yards (assuming you go in a straight line!), so about 7000 steps. If you have not been walking at all this is an enormous jump!
- If you carry your bag or push/pull a trolley, please be mindful that this is different from walking and may take some time to get used to again.
- Hopefully you have been swinging a club in the back garden, maybe with a practice ball or hitting into a net. This will mean you are less de-conditioned and have a lower risk of injury on return. Remember that you will hit the ball about 70 times (maybe more!!) and if you haven't been swinging a club at all this is a lot.

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The Solution

- Start back gently (maybe only do a few holes/ 9 holes) and build up gradually.

- Ease back on how hard you hit the ball (especially on the first tee!).
 - Do a gentle warm-up (see link – use drop down box).

https://www.physiotec.org/?do=patient&action=new_load&directAccess=yes&l=2984&programme=5075169&username=YZKVRKTKHPQ3HN4&password=NGvnR7rU

- If you start to get tight or sore – STOP!
- Do a gentle stretch afterwards (see link – use drop down box).
 - Only play alternative days to allow your body to recover.
- Remember, if you get injured you might have another 8 weeks not playing golf!
 - Be Patient.

Enjoy!

Remember to observe the lockdown rules.