

# GOLFER KNOWLEDGE

Serious golfers tend to have more overuse injuries due to many hours of play. Those who golf less often are more likely to get injured from:

- Lack of conditioning
- Poor swing mechanics
- Improper club grip or club fit

## THE MOST COMMON INJURIES

### WRIST

The cause:

- Overuse

To avoid:

- Alter swing mechanics
- Strengthen forearm and hand muscles

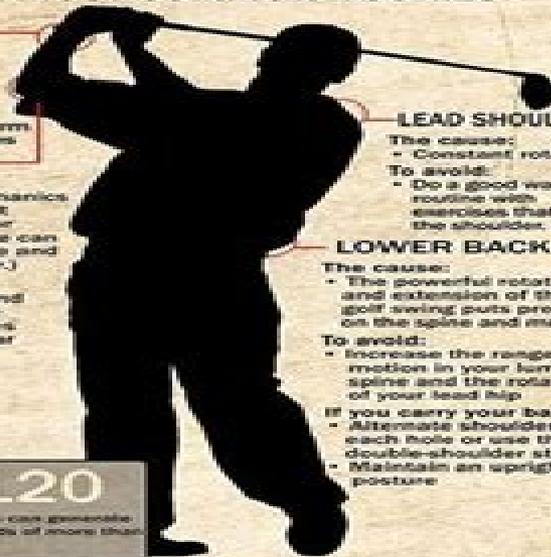
### ELBOW

The cause:

- Poor swing mechanics causing you to hit the ground first or over swing (These can increase with age and frequency of play.)

To avoid:

- Do good pre-round stretching of the upper extremities
- Practice a regular strengthening program



### LEAD SHOULDER

The cause:

- Constant rotation

To avoid:

- Do a good warm-up routine with exercises that target the shoulder.

### LOWER BACK

The cause:

- The powerful rotation and extension of the golf swing puts pressure on the spine and muscles.

To avoid:

- Increase the range of motion in your lumbar spine and the rotation of your lead hip

If you carry your bag:

- Alternate shoulders with each hole or use the double-shoulder straps.
- Maintain an upright posture

>120

The best golfers can generate club head speeds of more than 120 mph.

## 5 STEPS TO INCREASING PLAY TIME

1

**Be "golf fit".** Have a regular, year-round fitness routine designed to prepare you for the game. Walk more often than using a golf cart.

2

**Pre-game warm up.** Warm up for 30 minutes prior to each round.

- Walk for at least 5 minutes.
- Perform simple stretching exercises focusing on your shoulders, back, and legs. (Hold stretches for up to 30 seconds.)
- Hit a few golf balls on the driving range for 10-15 minutes. Start with half swings, working from your short to long clubs.

3

**The right equipment.** Have your clubs fitted specifically to you.

<10

80% of golfers spend less than 10 minutes warming up before a game.

4

**Know your mechanics.** To learn swing mechanics and the right grip, see your golf teaching professional. Ask for a video analysis.

5

**Care for injuries.** Pay attention to early warning signs of injury. Don't play through pain. You will prolong or inhibit optimal healing.

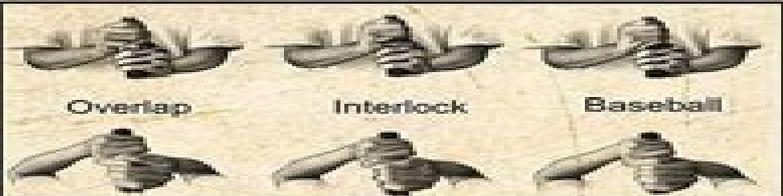
## GAME-INGLOVE & HOW TO WORK THE GOLF BALL



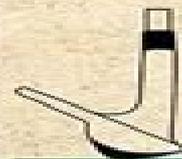
Black Line = Realizer Clubface  
Red Line = Laser Path Guide

A - Pull-Draw  
B - Pull  
C - Pull-Push

D - Push-Draw  
E - Push  
F - Push-Pull



## IN LAYMAN'S TERMS



Bounce helps ensure solid contact between the club face and the ball by preventing the front bottom edge of the club head from dipping into the ground.



Low Bounce



Medium Bounce



High Bounce

## THE DETAILS

	Low Bounce	Medium Bounce	High Bounce
Club	L P G	L G S	S
Angle of Attack	Shallow	Multiple	Steep
Ground Condition	Tight fair, wet sand & firm turf	All conditions	Light sand & soft turf
Other	Longer approach shots		High bounce if high ball

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