FACTS ABOUT: GOLF INJURIES

COMMON INJURIES

Fractures: Happens when the club strikes the ground, causing a hamate bone fracture in the wrist. Pain is felt in the heel of the hand and sometimes in the ring and pinkie fingers.

Wrist Tendonitis: Typically occurs in the leading hand, which is the left hand for a right-handed player.

‘Golfer’s Elbow’: Technical name is medial epicondylitis. Pain is at the elbow, where the muscles that bend the wrist and fingers attach.

Sprains: Most often to the wrist, and pain or popping are common symptoms.

Damaged Vessels: Blood flow is disrupted going to the fingertips from the club handle repeatedly hitting the palm. Produces pain, numbness and color changes in the fingertips.

In the U.S. alone, there are more than 27.8 million golfers.
The average golfer plays 37 rounds per year, plus practice.
80% of golfers spend less than 10 minutes warming up.

HOW TO PREVENT INJURY

1. Proper warm-up and stretching
2. Gradually increasing amount of play when season begins
3. Core muscle strengthening
4. Refining your technique

COMMONLY INJURED BODY PARTS

Hand & Wrist, Shoulder, Elbow, Lower Back

Learn more about golf injuries and how to prevent them at www.HandCare.org

ASSH | American Society for Surgery of the Hand