

# Golf

Golf is a widely popular [sport](#) boasting more than 27 million regular players in the USA. <sup>1)</sup>

Although golf has not been recognized as a [sport](#) associated with injuries, epidemiologic studies document that back and elbow injuries are most common in male amateur golfers.

Golfers are athletes, for golf is a sport. To play it well, one must have athletic ability, strength, agility, coordination, and endurance. The golf swing is physically demanding and has contributed to overuse injuries in the upper extremity. The wrist, elbow, and shoulder are the most frequently injured joints <sup>2)</sup>.

see [Golf elbow](#).

Golf: a contact sport. Repetitive traumatic discopathy may be the driver of early lumbar degeneration in modern-era golfers <sup>3)</sup>.

[Low back injury](#) and wrist injuries occur in the male golf professional while female professional golfers are more likely to suffer injuries to the wrist and lower back, respectively. The elbow, followed by the lower back, is the most likely area of injury associated with female amateur golfers. These injuries are related to overuse, poor conditioning, and improper swing mechanics.

Though physically less aggressive than other sports, golfers still sustain significant injuries <sup>4)</sup>.

The overwhelming majority of golfing injuries are attributed to the golf swing, usually from excessive use or poor swing mechanics <sup>5)</sup>.

The predominant musculoskeletal complaint among professional and amateur golfers is low back pain (LBP) <sup>6) 7) 8)</sup>.

<sup>1)</sup>

National Golf Foundation Questions/FAQs. Available at: <http://www.ngf.org/cgi/whofaqa.asp>. 2010; Accessed July 29.

<sup>2)</sup> <sup>5)</sup>

McCarroll JR. Overuse injuries of the upper extremity in golf. Clin Sports Med. 2001 Jul;20(3):469-79. Review. PubMed PMID: 11494835.

<sup>3)</sup>

Walker CT, Uribe JS, Porter RW. Golf: a contact sport. Repetitive traumatic discopathy may be the driver of early lumbar degeneration in modern-era golfers. J Neurosurg Spine. 2019 Feb 5:1-4. doi: 10.3171/2018.10.SPINE181113. [Epub ahead of print] PubMed PMID: 30738411.

<sup>4)</sup>

McCarroll JR. The frequency of golf injuries. Clin Sports Med. 1996 Jan;15(1):1-7. Review. PubMed PMID: 8903705.

<sup>6)</sup>

Batt ME. A survey of golf injuries in amateur golfers. Br J Sports Med. 1992;26:63-5. doi: 10.1136/bjsm.26.1.63.

<sup>7)</sup>

Batt ME. Golfing injuries. An overview. Sports Med. 1993;16(1):64-71. doi: 10.2165/00007256-199316010-00006.

<sup>8)</sup>

McCarroll JR, Rettig AC, Shelbourne KD. Injuries in the amateur golfer. Phys Sportsmed. 1990;18(3):122-6.

From:

<https://neurosurgerywiki.com/wiki/> - **Neurosurgery Wiki**

Permanent link:

<https://neurosurgerywiki.com/wiki/doku.php?id=golf>

Last update: **2024/06/07 02:56**

